

RAY THOMPSON'S

Upstate KARATE

FAMILY MARTIAL ARTS CENTER

Kempo Karate 5-10 Yr

Monday

4:00 Jr. White- Beginner
4:00 Jr. Red-Adv Red
4:45 Jr. Yellow-Orange
5:30 Jr. Black
6:15 Jr. Blue-Adv Green
7:15 Jr. Purple-Adv Brown

Tuesday

4:00 Jr. Blue- Adv. Green
4:45 Jr. Purple-Adv Brown
6:15 Jr. White-Beginner
7:15 Jr. Yellow-Orange
7:15 Jr. Red-Black

Wednesday

4:00 Jr. Yellow-Orange
4:45 Jr. White-Beginner
4:45 Jr. Red- Adv Red
5:30 Jr. Black
6:15 Jr. Purple-Adv Brown
7:15 Jr. Blue- Adv Green

Thursday

4:00 Jr. Purple- Adv Brown
4:45 Jr. Blue-Adv Green
6:15 Jr. Yellow-Orange
6:15 Jr. Red-Black
7:15 Jr. White Beginner

Friday

Sparring/Grappling
4:00 Yellow-Adv Green belt
5:40 Purple-Black belt
Weapons
4:45 Weapon of the quarter
5:00 Bo Staff class (all levels)

Little Dragons 3-4 Yrs

Beginner-White- Tue/Thurs 5:40pm
Camo Belt- Mon/Wed 5:40pm
All Belts Levels Friday 5:40pm

Kempo Karate 11-15 Yr

Monday

5:30 Brown -Black
7:15 White-Yellow-Orange

Tuesday

4:45 Brown-Black
5:30 Blue-Adv Purple
6:15 White-Yellow-Orange

Wednesday

6:15 Brown-Black
7:00 Blue-Adv Purple

Thursday

4:45 White-Yellow-Orange
5:30 Blue-Adv Purple

Friday

6:30 Sparring/Grappling
7:15 BBC Weapons

BBC BJJ- Kids/Teens

Monday 6:15pm
Friday 6:30pm

BBC Kboxing Kids/Teens

Friday 4:00pm
Saturday 10:00am

Mixed Martial Arts

Monday 8pm
Tuesday 8pm
Wednesday 7pm no gi BJJ
Wednesday 8pm Sparring
Thursday 8pm
Saturday 11:00am

Kempo Karate 16 and Above

Monday

6:15 All Belts

Tuesday

12:00pm All Belts

Wednesday

6:00pm All Belts

Thursday

12:00pm All Belts
7:15 All Belts

Friday

12:00pm All Belts
6:30 Yellow-Black Belts
7:15 BBC Weapons

PB Fitness MMA

Tuesday 6:15pm
Thursday 6:15pm
*Saturday 9:00am
*Exam Saturday 8:30am

Adult Beginner BJJ

Monday 12:00pm and 6:15pm
Tuesday 7:15pm
Wednesday 12pm and 7pm no gi

Adult Advanced BJJ

Monday 12pm and 7:15pm
Wednesday 12pm and 7pm No Gi
Thursday 7:15 pm

Karate Birthday Parties available on Saturday's

122 Blakely Rd. Simpsonville SC 29680

(864) 967-3930

www.upstatekarate.com