

Class Schedule

Monday / Wednesday

- 5:30-6:30 PM Kids Class (4-12 Years Old)
- 6:30-7:30 PM MONDAY – Senpai/Black Belt Class
WEDNESDAY – Self Defense (Jujutsu)/Weapons (Kobudo)
- 7:30-9:00 PM Teen/Adult Class (13-?? Years Old)

Tuesday / Thursday

- 5:30-6:30 PM Kids Class (4-12 Years Old)
- 6:30-7:30 PM Kids/Teens/Family Class (4-?? Years Old)

Saturday

- 10:00 – 11:30AM Ground Grappling/Submission Wrestling
- Small Group Private Lessons, Individual Private Lessons, Special Classes, Seminars, Clinics and Birthday Parties scheduled in advance. Contact us to inquire.

Rates & Fees

- We guarantee that our rates are the most competitive in the area. Call (860)426-1667 or e-mail extremekarate1@cox.net for current rates and fees. Monthly rates are based on attending classes two times per week, but we can adjust your rate to fit your training schedule. There are no contracts and no test fees.