



MORGAN MOSS KARATE
INTERNATIONAL

剛柔流誠和会空手道



2023 TRAINING TIMES

TRAINING TIMES – MORGAN MOSS KARATE – SILVERFIELDS (HEADQUARTERS)

21 Carol Road, Silverfields, Krugersdorp, 1739

MONDAY	
17:30 – 18:15	Ladies Cardio/Self Defense Courses
18:15 – 19:30	Senior Tournament Class (14/15, 16/17 & 18+)
TUESDAY	
16:30 – 17:00	Pre-Karate (Ages 4/5)
16:45 – 17:30	Beginners Class (White/Yellow/Orange)
17:30 – 18:15	Intermediate Class (Green/Blue)
18:15 – 19:15	Advanced Class (Purple/Brown/Jnr Black)
19:15 – 20:30	Senior Class (Snr Black & Adults)
WEDNESDAY	
17:30 – 18:15	Beginners Class (White/Yellow/Orange)
18:15 – 19:30	Senior Tournament Class (14/15, 16/17 & 18+)
THURSDAY	
16:30 – 17:00	Pre-Karate (Ages 4/5)
16:45 – 17:30	Beginners Class (White/Yellow/Orange)
17:30 – 18:15	Intermediate Class (Green/Blue)
18:15 – 19:15	Advanced Class (Purple/Brown/Jnr Black)
19:15 – 20:30	Senior Class (Snr Black & Adults)
FRIDAY	
16:00 – 17:45	Junior Tournament Class (7-13)
17:45 – 19:15	Senior Tournament Class (14/15, 16/17 & 18+)

TRAINING TIMES – MORGAN MOSS KARATE – NOORDHEUWEL

Noordheuwel Shopping Centre, Supreme Being Gym, Robert Broom,
Noordheuwel

MONDAY/WEDNESDAY	
17:00 – 18:00	Beginners Class (White/Yellow/Orange)

Morgan Moss (5th Dan KSA, 5th Dan Seiwakai)

BA Hons Sport Science (UJ), BA Child and Family Psychology (UJ), BA Sport Psychology (UJ), Sport Nutrition and Supplementation (HFPA), Sport Massage Therapy (HFPA), Level 3 First Aid (First on Scene), Instructors Diploma (IBA), World Karate Federation Accredited Coach (WKF), World Karate Federation Kumite & Kata License (WKF)
Affiliated to: Goju Ryu Seiwakai International, Morgan Moss Karate International (MMKI), West Rand Karate Federation, Gauteng Karate Federation, Karate South Africa (KSA), Union of African Karate Federations (UFAK), World Karate Federation (WKF), African Goju-Ryu Karate Federation (AGKF), World Goju-Ryu Karate Federation (WGKF)



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TRAINING TIMES – MORGAN MOSS KARATE – WITPOORTJIE

Warrior Ringball Club, 27 Exchange Road, Mindalore, Krugersdorp

MONDAY/WEDNESDAY	
17:00 – 18:00	Beginners Class (White/Yellow/Orange)

DOJO TERM SCHEDULE

Term 1: 10 Jan – 24 March (25 MARCH – 11 APRIL 2023 – HOLIDAY/SKELETON CLASSES)

Term 2: 12 April – 23 June (24 JUNE – 17 JULY 2023 – HOLIDAY/SKELETON CLASSES)

Term 3: 18 July – 29 September (30 SEP – 9 OCT 2023 – HOLIDAY/SKELETON CLASSES)

Term 4: 10 October – 13 December (4 – 15 DECEMBER 2023 – HOLIDAY/SKELETON CLASSES)

DOJO HOLIDAYS (School/Public/Dojo Holidays) – No Karate

20, 21 March, 7, 10, 27, 28 April, 1 May, 16 June, 9 August, 24, 25 September

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