



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Training by appointment only	8:00-9:00am <b>C: Essential Kung Fu (Open)</b>	Private Training by appointment only	8:00-9:00am <b>C: Essential Kung Fu (Open)</b>	Private Training by appointment only	
	9:00-10:00am <b>C: Kung Fu Weapon (Levels 1&amp;2)</b> <b>D: Kickboxing (Open)</b>		9:00-10:00am <b>C: Kung Fu Form (Levels 1&amp;2)</b> <b>D: Kickboxing (Open)</b>		10:45-11:45am <b>C: Essential Kung Fu (Level 2&amp;3)</b> <b>D: Kung Fu Form (Level 1)</b>
11:30-12:30am <b>C: Essential Kung Fu (Open)</b>	Private Training by appointment only	11:30-12:30am <b>C: Essential Kung Fu (Open)</b>	Private Training by appointment only		11:45am-12:45pm <b>A: Form/Weapon (Level 3)</b> <b>C: Essential Kung Fu (Level 1)</b> <b>D: Kung Fu Form (Level 2)</b>
12:30-1:30pm <b>D: Kickboxing (Open)</b>		12:30-1:30pm <b>D: Kickboxing (Open)</b>			12:45-1:45pm <b>B: 2-Man Techniques (Level 2&amp;3)</b> <b>C: Essential Kung Fu (Open)</b> <b>D: Kickboxing (Open)</b>
					1:45-2:45pm <b>C: Kung Fu Weapon (level 1)</b> <b>D: Kickboxing (Open)</b>
4:00-5:00pm <b>C: Kung Fu Form (Level 1)</b>		4:00-5:00pm <b>C: Kung Fu Form (Level 1)</b>			
5:00-6:00pm <b>D: Kickboxing (Open)</b>	4:30-5:30pm <b>C: Kung Fu Weapon (Level 1&amp;2)</b>	5:00-6:00pm <b>D: Kickboxing(Open)</b>	4:30-5:30pm <b>C: Kung Fu Form (Level 1&amp;2)</b>	5:30-6:30pm <b>B: Kung Fu Form (Level 1)</b> <b>C: Essential Kung Fu (Open)</b>	
6:00-7:00pm A/B: Kung Fu Weapon (Level 2) <b>C: Essential Kung Fu (Open)</b>	5:30-6:30pm <b>C: Essential Kung Fu (Open)</b> <b>D: Adv. Kickboxing (Levels 2&amp;3)</b>	6:00-7:00pm A/B: Kung Fu Weapon (Level 2) <b>C: Essential Kung Fu (Open)</b>	5:30-6:30pm <b>C: Essential Kung Fu (Open)</b> <b>D: Adv. Kickboxing (Levels 2&amp;3)</b>		
7:00-8:00pm <b>A/B: Form/Weapon (Level 3)</b> <b>C: 2-Man Techniques (Open)</b> <b>D: Kickboxing (Open)</b>	6:30-7:30pm <b>C: Essential Kung Fu (Open)</b> <b>D: Kung Fu Form (Level 1)</b>	7:00-8:00pm <b>A/B: Form/Weapon (Level 3)</b> <b>C: 2-Man Techniques (Open)</b> <b>D: Kickboxing (Open)</b>	6:30-7:30pm <b>C: Essential Kung Fu (Open)</b> <b>D: Kung Fu Form (Level 1)</b>	6:30-7:30pm <b>B: Kung Fu Weapon (Level 1)</b> <b>D: Kickboxing (Open)</b>	
8:00-9:00pm <b>C: Essential Kung Fu (Open)</b> <b>D: Kung Fu Form (Level 1&amp;2)</b>	7:30-8:30pm <b>B: Kung Fu Weapon (Level 2)</b> <b>C: Essential Kung Fu (Open)</b> <b>D: 2-Man Techniques (Open)</b>	8:00-9:00pm <b>C: Essential Kung Fu (Open)</b> <b>D: Kung Fu Form (Level 1&amp;2)</b>	7:30-8:30pm <b>B: Kung Fu Form (Level 2)</b> <b>C: Essential Kung Fu (Open)</b> <b>D: 2-Man Techniques (Open)</b>		
	8:30-9:30pm <b>C: Kung Fu Form (Open)</b> <b>D: Kickboxing (Open)</b>		8:30-9:30pm <b>C: Kung Fu Weapon (Open)</b> <b>D: Kickboxing (Open)</b>		

**Schedule Key**

**All red classes are open to all members and trial students.**

- Level 1 = Yellow/Green Belt
- Level 2 = Red/Black Belt
- Level 3 = Adv. Black Belt

4th Floor

Studio B	Studio A
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3rd Floor

Studio D	Studio C
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Broadway



高寶羅國術會

BO LAW KUNG FU

## Rules and Etiquette

### Entering the Mo Gwoon

Upon entering the Mo Gwoon students should:

1. Salute **Sifu** (*father/teacher*) (bow to the master while saying "Sifu" in a respectful manner)
2. Salute the **Sun Toy** (*school ancestral altar*). Feet together, right fist into left palm, bow at waist.
3. Remove street shoes before entering the training area.
4. Please make sure you cell phone is in silent or off mode.
5. When crossing the floor, always cross via the rear of the class that is in session.  
*Never cross in front of Sifu or an Instructor during class.*
6. Change into your **Yi Fook** (*official t-shirt, pants and belt*). No Jewelry is allowed on training floor.
7. While a class is training sit quietly against the wall, crossed legged until your class to begins.
8. If no classes are in session, start to practice on your own untill your class is called to line-up.
9. When your class is called to line-up report quickly and quietly to your designated training area.
10. When leaving the Mo Gwoon, always salute Sifu and the Sun Toy before leaving.

### General Rules & Etiquette

1. Always do your best. Be loyal, responsible and respectful.
2. Never bring dishonor to your school and Sifu.
3. Students are required to arrive to class on time (*10 min. prior to class start time*).
4. Eating and drinking are prohibited on the Mo Gwoon training floor.
5. Students are required to maintain a clean and presentable uniform.
6. Proper Hygiene is required (*i.e. trimmed fingernails, clean uniform*)
7. Students must show the proper respect for their instructors and classmates.
8. Students will address their instructors as **Si Hing** (*male instructor*) or **Si Jeh** (*female instructor*).
9. Students are required to help maintain and clean the Mo Gwoon before and after training sessions.
10. No material is allowed to be taught without the consent of Sifu.



遵親  
遵師  
遵教  
訓

學仁  
學義  
學功  
夫

Respect your elders

Respect your Sifu

Respect their knowledge

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Learn Kindness

Learn Honor and Duty

Learn the Art of Kung Fu