



# Family Martial Arts Academy

## CLASS SCHEDULE

(effective December 5, 2016)



	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Children Programs: Tigers (4-7 yrs old) Juniors (7-11 yrs old)</b>					
Starter / Orientation (by appt)					9:30-10:00am
Tigers 1 & 2	5:30-6:00pm		5:30-6:00pm		10:00-10:30am
Tigers 3		4:45-5:15pm		4:45-5:15pm	
Juniors ✨ Intermediate/advanced		5:15-6:00pm (gold+)		5:15-6:00pm (gold+)	
Juniors ✨ Beginner		6:00-6:45pm (white-gold)		6:00-6:45pm (white-gold)	
<b>Adult (12+) &amp; Family Karate:</b>					
Adult & Family Classes (Beginner & Intermediate Focus)	6:00-6:45pm (Family)		6:00-6:45pm (Family)		10:30-11:30am (All Students Ages 7+)
Intermediate / Advanced ✨	6:45-7:30pm (Int/Adv/Family)	6:45-7:30pm (Adults: 12+)	6:45-7:30pm (Int/Adv/Family)	6:45-7:30pm (Adults: 12+)	
Women's M.A. Classes ✨	7:30-8:30pm		7:30-8:30pm		
Sparring / Kumite ✨					11:30-12:15pm (All Students Ages 7+)
<b>Other Martial Arts:</b>					
Weapons ★					2:15-3:00pm (Open Floor)
MMA: Kickboxing & BJJ		8:15-9:00pm		8:15-9:00pm	
Tai Chi/Qigong		7:30-8:15pm		7:30-8:15pm	1:15-2:15pm

★ Customized weapons program can include laido, Bo, Nunchuku, Sai, Tonfa, Kama, Escrima.

✨ Some classes will include sparring: appropriate gear required.

**RED** designates Black Belt Leadership Program (**BBL**).

**BBL** program gives access to: advanced curriculum, sparring, and weapons.

### PRIVATE LESSONS AVAILABLE

Private sessions (45-minutes) available by appointment. Contact Sensei Paul to schedule.

### Family Martial Arts Academy

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[www.tigardmartialarts.com](http://www.tigardmartialarts.com) • [www.facebook.com/familymartialartsacademy](https://www.facebook.com/familymartialartsacademy) • [www.aska-karate.org](http://www.aska-karate.org)