



# Family Martial Arts Academy

## CLASS SCHEDULE

(effective August 31, 2015)



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

❄️ Some classes will include sparring: appropriate gear is required.

★ Instructor invitation only; **RED** designates Black Belt Leadership Program (**BBL**).

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

**Junior and Adult Kobudo Classes:** Tuesday (bo, nunchaku, escrima); Thursday (Iaido).

**Tetsukai** (Iron Team) meets Fridays 6:30pm to 7:30pm

### 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)