

American Martial Arts Systems

	<u>Monday & Wednesday</u>		<u>Tuesday & Thursday</u>		<u>Friday</u>		<u>Saturday</u>
		12:00 Noon	<i>Adult/Teen- Self-Defense Open Group Class</i>				
		1:00	<i>Kid's All Home school Class</i>			10:00	<i>Little Dragon's</i>
4:00	<i>Kenpo Kid's Beginning Class Ages 8 to 12</i>	4:00	<i>Kenpo Kid's Intermediate/Advanced Ages 8 to 12</i>			10:30	<i>Kenpo Kid's Open Group Class Ages 8 to 12</i>
4:45	<i>Little Dragon's Phase Two Ages 4 - 7</i>	4:45	<i>Little Dragon's Phase One Ages 4 - 7</i>				
5:15	<i>Little Dragon's BBT- Weapons/Sparring Ages 4 - 7</i>	5:15	<i>Little Dragon's Phase One/Two BBT-Weapons/Sparring Ages 4 - 7</i>			11:30	<i>Adult/Teen Self-Defense Open Group Class</i>
5:30	<i>Little Dragon's Phase One Ages 4 - 7</i>	5:30	<i>Little Dragon's Phase Two Ages 4 - 7</i>			12:15	Open MMA Class
6:00	<i>Kenpo Kid's Intermediate/Advanced Ages 8 to 12</i>	6:00 6:15	<i>BBT-Weapons/Sparring Kenpo Kid's Beginning Class Ages 8 to 12</i>				
6:45	<i>Adult/Teen - Self-Defense Open Group Class</i>	6:45	<i>Adult/Teen Mixed Martial Arts</i>				
7:45	<i>Adult/Teen Mixed Martial Arts</i>	7:45	<i>Adult/Teen - Self-Defense Open Group Class</i>				

Students should arrive 5-10 min prior to their class start time. Parents if at all possible should remain with their child or pick them up - no later than 15 minutes after class is dismissed, we cannot be responsible for them when they are not in class.

In between Classes or right before Classes, Students should be in a lock it up position sitting quietly to the edge of the mats.

No horseplay in the Gym area while classes are in session, Late Students should wait at the edge of the mat to be recognized before entering the training area.

Students should keep their uniform neat, clean, and odor free and should bring any pads or protective equipment to every class.

All Instructors and leadership students are required to wear the complete uniform.

No gum, food, drinks or street shoes allowed in the mat area.

Black Belts/instructors are properly addressed as "Sir" or "Ma'am".

School is closed for all major holidays, events, and tournaments, always check the bulletin board for belt exam dates or special events.

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