



Family Martial Arts Academy

CLASS SCHEDULE

(effective September 8, 2015)



	Monday	Tuesday	Wednesday	Thursday	Saturday
Children Programs: Tigers (4-7 yrs old) Juniors (7-11 yrs old)					
Starter / Orientation ★	4:00-4:30pm		4:00-4:30pm		9:00-9:30am
Tigers 1	5:00-5:30pm		5:00-5:30pm		9:30-10:00am
Tigers 2	5:30-6:00pm		5:30-6:00pm		10:00-10:30am
Tigers 3	4:30-5:00pm		4:30-5:00pm		
Juniors ❄️ All Levels		5:15-6:00pm		5:15-6:00pm	
Adult (12+) & Family Karate:					
Adult & Family Classes (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)
Intermediate / Advanced ❄️	6:45-7:30pm (Family)	6:45-7:30pm (Adults: 12+)	6:45-7:30pm (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+)
Other Martial Arts:					
Weapons ★		4:30-5:15pm (traditional weapons)		4:30-5:15 (laido)	
MMA: Kickboxing & BJJ		8:15-9:00pm		8:15-9:00pm	4:30-6:00pm Fridays/MMA
Tai Chi/Qigong		7:30-8:15pm		7:30-8:15pm	1:15-2:15pm

★ Instructor invitation only

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

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 (laido).

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 • www.facebook.com/familymartialartsacademy • www.aska-karate.org