

Best Martial Arts Institute

Fall 2010



Fall Classes Start September 7th

Students may attend classes for their level or any lower level.



Children

Level 1
Ages 4-11

Monday - Thursday 3:30 – 4:15
Tuesday & Thursday 5:15 – 6:00
Monday & Wednesday 6:00 – 6:45
Saturday 10:15 – 11:00 a.m.

Level 2
Ages 4-11

Tuesday & Thursday 3:30 – 4:15
Mon & Wed 5:15 – 6:00 & 6:00 – 6:45

Level 3
Ages 4-11

Monday & Wednesday 5:15 – 6:00

Teen/Adult

Beginning Karate / Taekwondo
Ages 12 to Adult

Wednesday & Friday
12:00 – 1:00

Monday & Wednesday
4:15 – 5:15

Tuesday & Thursday
6:00 – 7:00

*New students may attend all
“white belt” times after completion
of the basic curriculum
(approximately 10 lessons).*

White Belt – Black Belt
Ages 12 to Adult

Monday, Wednesday, & Friday
12:00 – 1:00

Monday through Friday
4:15 – 5:15

Tuesday & Thursday
6:00 – 7:00

Monday & Wednesday
6:45 – 7:45

Taekwondo Sparring
Monday & Wednesday
6:45 - 7:45

Review Class
Thursday - 4:15 - 5:15
Wednesday - 6:45 - 7:45

Karate / Taekwondo



Russian Systema - Ages 16 to Adult
Wednesday 7:45 - 9:00 p.m.
Minimum of six months martial arts experience required.

Systema

Judo

Children's Judo
Ages 6-11

Monday & Wednesday 3:30 - 4:15
Tuesday & Thursday 5:15 – 6:00

Judo
Ages 12 to Adult

Tuesday & Thursday 6:00 – 7:00



Aikido
Ages 13 to Adult

Tuesday & Thursday 7:00 – 8:30 p.m.
Saturday 8:45 – 10:15 a.m.

Aikido