

# Best Martial Arts Institute



Winter 2011/2012

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

Children

**Level 1**  
**Ages 4-11**  
Monday through 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

**795 Almaden Street**  
541-345-0684 -- [www.bmai.org](http://www.bmai.org)