

American Martial Arts, Inc.

The New Generation In Martial Arts



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Tiny Tigers – Ages 5-6 (White Belt – 2nd Grade Orange) [30 min.]
 White Belt Youth – Ages 7 –11 [45 min. Class]
 Beginners Youth – Ages 7 –11 (Yellow – Orange Belt) [45 min. Class]
 Intermediate Youth - Ages 6 –11 (Green – Blue Belt) [45 min. Class]
 Advanced Youth - Ages 7 –11 (Brown Belt – 2nd Grade Red) [45 min. Class]
 Teens – Ages 12 – 16 (White Belt – 2nd Grade Red) [45 min. Class]
 Black Belts – All Ages (1 hour)
 Brazilian Jui-Jitsu/Sambo Beginners – Ages 18 yrs. & up [1 hr. 15 min.]
 Brazilian Jui-Jitsu/Sambo Advanced – Ages 18 yrs. & up [1 hr. 15. min.]
 Adults TKD/Self-Defense – Ages 17 yrs. & up [1 hr Tues. & Thurs. – 1hr.Fri.]
 Weapons – Ages 9 & up (must be at least a Brown Belt) [45 min. Class]
 Fitness – Ages 18 & up [50 min. Class]

	"A" DAY	"A" DAY	"B" DAY	"B" DAY	MIXED/MAKE UP	
AMA Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers		5:00		5:00		
White Belt	4:30	5:40	4:30	5:40		
Beginners Youth	4:30	5:40	4:30	5:40		
Intermediate Youth	5:20	4:15	5:20	4:15		
Advanced Youth	5:20	6:30	5:20	6:30		
Teens Beg. - Adv.	6:15		6:15			
Black Belts	7:15		7:15			
Braz. JJ/Sambo Beg.	6:30		6:30			TBA weekly
Braz. JJ/Sambo Adv.		7:30		7:30		TBA weekly
Adults TKD/Self-Defense		7:30		7:30		
Weapons					TBA Seasonal	
Fitness Class		9:00		9:00		

*All students **MUST** attend a **LEAST** one "A" day and one "B" day each week!!!*

"A" Days
FORMS/TECHNIQUES

"B" Days
SELF DEFENSE/SPARRING