

ATA MARTIAL ART LAKEWOOD CLASS TIMES – BEGINS 11/1/17

Monday	Tuesday	Wednesday T-shirt Attire	Thursday	Friday T-shirt Attire	Saturday
NEW WEAPON SSAHNG JEOL BONG (NUNCHUK) DOUBLES FOR BLUE+		11:30 AM All rank and age class Adults and home-school kids	GET YOUR CHRISTMAS ORDERS IN ASAP! ASK ABOUT GEAR PACKAGES.		Doors open 9:20 am "note new Saturday start time"
4:30 PM  "NEW" tiger parents may join this class!	4:45 pm Open gym	4:45 pm  "NEW" tiger parents may join this class!			9:30 am  "NEW" tiger parents may join this class!
5:00 pm TEAM X ELITE and SWAT DEMO TEAM TRAINING (FOR ADDITIONAL TRAINING TIMES, SEE EVENT CALENDAR)	5:15 pm White-Purple All Age 7-adult Perfect for families	5:15 pm 	5:00 pm PROTECH SJB EXTRA TRAINING (MUST HAVE OWN WEAPONS)	5:00 pm Combat class (warrior combos/combat sparring/fitness training) rotating curriculum Perfect pick-up class for Legacy and Krav Fitness All age (must have gear)	10:00 am All Rank Karate for Kids 7-12 YEARS
5:45 pm Camo-Black Belt Karate Kids 7-12 YEARS <i>6 year old Tigers ok</i>	6:00 pm  3-6 years only	5:45 pm All Rank Karate for Kids 7-12 YEARS	5:30 pm  3-6 years only	5:35 pm All Rank and Age Class Arrive early and warm up at the combat class 5 minute water break before this class	10:45 am  All Age
6:30 pm White-Yellow ALL AGE KK AND ADULTS PERFECT FOR NEW STUDENT FAMILIES	6:30 pm Blue-Black All Age	6:30 pm All Rank adults and teens Black Belt KK OK	6:00 pm Blue-Black All Age	Ask about scheduling your FREE Karate Kid birthday party event.	11:15 am All Rank Teens and Adults Black Belt KK ok
7:15 PM ALL RANK Adults/Teens Black belt KK ok	7:15 PM 	7:15 PM  Self-Defense and Fitness T-shirt attire	6:45 pm White-Purple All Age Perfect for families	Is your workplace looking for a team-building activity? Does your Church or youth group want to schedule a self-defense event?	12:00 noon  Self Defense and Fitness

ATTENTION ALL LEADERSHIP KIDS, SEE MS. ARLET SCHMIDT TO SCHEDULE YOUR ONCE PER WEEK SWAT (Student workout assistance team) duties.

Starting November 1, if you earn 5 attendance/helping marks, you can receive your SWAT patch. If you already have your SWAT patch you must earn 90 SWAT (30 mark credits for Blue Belts and up) marks to receive your DELTA patch. If you are active in Legacy, you only need 45 SWAT marks to receive your DELTA patch. See Ms. Schmidt to make your SWAT card and be put on the SWAT schedule. If you assist or compete at a future in-house or regional tournament you can add 3 SWAT marks to your card. Attending DEMO team training counts!