

## Fall, Winter, Spring 2019-2020

# MARTIAL ARTS

Unlike your typical karate class, HYPER Martial Arts trains kids to be Martial Arts ATHLETES. It takes traditional style with kata and forms and blends it with parkour, tricking, sparring, tumbling, and weapons.

Intro White Belt ages 3-5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introductory Class for ages 3-5	4:30-5:00			5:30-6:00	
WEAONS ages 3-5				6:00-6:15	
Intro White Belt ages 6-8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introductory Class for ages 6-8	5:00-5:45 6:00-6:45				
Weapons Class ages 6-8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In this program, traditional weapons are introduced. Must belt test into this class.	5:45-6:00				
Intro/Weapons ages 9-13					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introductory				6:15-7:00	
Weapons Level				7:00-7:30	

FIGHT CLUB and TEEN DEFENSE blends self defense with "street ready" attack & escape skills. These are physical programs that preps students for physical confrontations. Teaching not only escaping/diffusing a situation, but also using physical techniques to keep themselves safe. Sparring equipment package required.

FIGHT CLUB ages 9-12		MONDAY
This program is a great addition to our martial arts program above, but may also be joined as a stand alone program as well.		6:45-7:30
TEEN GIRLS DEFENSE ages 13-17		MONDAY
Want your teenage daughter to be able to defend herself in this sometimes dangerous world? This class teaches street-ready self-defense and attack skills. Tough skills we hope they never have to use, but will feel better that they have them if needed!		7:30-8:15