

# SHOTOKAN KARATE STUDIO OF SELF-DEFENSE

## Class Schedule - (2017)

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:00 PM - 5:45PM	<b>Gracie Bully Proof</b> Jiu-jitsu for kids (Jr. Grapplers (Ages 8-12) 5:00 - 5:45 PM	<b>Gracie Bully Proof</b> Jiu-jitsu for kids Little Champs- (Ages 5-7) 5:00 - 5:45 PM	<b>Gracie Bully Proof</b> Jiu-jitsu for kids (Jr. Grapplers (Ages 8-12) 5:00 - 5:45 PM	Kids Karate Class & Beginner / Interm Ages White & <b>Yellow</b> Belts (Ages 5-12) 5:00PM - 6:30 PM		 <b>MASTER CYCLE</b> 9am -10am
5:45PM - 6:30 PM	Kids Karate Class - Advanced Orange-Blue Belts & Up Ages 5 - 12 5:45 - 6:30 PM	Kids Karate Class - Beginner / Interm Ages White & <b>Yellow</b> Belts Ages 5 - 12 5:45 - 6:30PM	Kids Karate Class - Advanced Orange-Blue Belts & Up Ages 5 - 12 5:45 - 6:30PM			 10am - 11am Gracie Combative
6:30 PM - 7:30 PM	 <b>MASTER CYCLE</b> 6:30 - 7:30 PM		 GRACIE COMBATIVES 7pm -8pm	 <b>ZUMBA</b> TONING 8:00PM - 9:00PM		<b>WOMEN EMPOWERED</b> 10:00-11:00am
7:30 P - 8:30 PM	 GRACIE COMBATIVES 7:30 - 8:30pm	 <b>ZUMBA</b> 7:30PM - 8:30PM	 <b>MASTER CYCLE</b> 8:00 - 9:00 PM			Gracie Bully Proof & Kids Karate Class All Ages 11am -12noon
	<b>WOMEN EMPOWERED</b> Gracie Self-Defense Program for Women  <b>MON &amp; WED -7:30PM</b>	<u><b>Important Reminders:</b></u> -Students may come to classes for their age and belt rank only. -.No Cell Phones on during class -Parents, family, and visitors must sit quietly while observing classes or they will be asked to leave. Please do not interrupt the class or distract your child	<b>WOMEN EMPOWERED</b> Gracie Self-Defense Program for Women  <b>MON &amp; WED -7:30PM</b>	No food or eating allowed in the dojo. Please help keep the dojo clean. <b>*SCHEDULE SUBJECT TO CHANGE*</b>		

### **About our programs.....**

**Martial Arts for Ages 6-12** - The martial arts classes for ages 6-12 are geared toward providing a fun and challenging martial arts curriculum while instilling the positive, life-changing benefits of the Japanese martial arts tradition s: respect for others, self-confidence, courtesy, obedience, humility, perseverance, honesty, integrity, and self-control. This class emphasizes goal-setting and positive reinforcement of personal success habits through the belt rank promotion system. Tons of fun!

### **GRACIE BULLYPROOF® - Little Champs (5-7 Years Old) *We don't teach jiu-jitsu, we play jiu-jitsu!***

The Little Champs secret is that the Gracie family has devised a series of 10 "Gracie Games" in which we secretly teach the children essential self-defense techniques. By playing the fun and challenging "Gracie Games," children develop strong reflexes in the execution of the basic techniques as they unconsciously learn the foundational principles of leverage and control.

### **GRACIE BULLYPROOF® - Jr. Grapplers (8-14 Years Old) *Empower your child when they need it most.***

Since bullying is most prevalent in this age group, we teach the children in the Jr. Grapplers class the techniques they must know in order to defend themselves if attacked. The best part about the techniques is that they are all non-violent control tactics designed to minimize injury to the bully if used during a real fight.

**Martial Arts for Teens & Adults** - Our Teen and Adult martial arts program teaches the traditional martial art of Shotokan karate. In addition, our chief instructor draws upon his extensive knowledge of other martial arts traditions to teach practical and effective self-defense techniques. Physical fitness and stress reduction are just some of the positive benefits gained from training in this class.



**Gracie Combatives®** Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined.

The 36 Gracie Combatives techniques have been strategically divided into 23 one hour classes so that you can complete the course at your own pace. Each lesson is taught using unique *Gracie Teaching Methods* so that no previous experience is required to participate in any of the 23 lessons. As a result, you can complete them in any order. Upon enrolling, you will be issued a *Combatives Card* on which all your progress will be tracked and each month you will receive a *Combatives Calendar* that depicts which techniques will be taught in each lesson throughout the entire month.

**The MASTER CYCLE®** Beyond blue belt, Gracie Jiu-Jitsu consists of hundreds of advanced techniques, all of which we have organized into a clearly defined, systematic curriculum called the Master Cycle.

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