

Class Schedule

“The ultimate aim of the art of karate lies not in victory or defeat, but in the **perfection of the character** of its participants.”
- Master Gichin Funakoshi



715-358-3971

Additional Training and Announcements On Our Digital Dojo

www.LeadershipAcademyMartialArts.ning.com

Monday	Tuesday	Wednesday	My Classes/Schedule Notes
4:30 Fam. White-HighYellow (30) 5:00 Fam. Green-High Blue (30) 5:30 XMA Inter/Adv - DEMO (30) 6:00 Fam. Red-Black Belts (30) *6:00 Trim and Tone (45) 6:30 15+ Only Green-Black (60) 6:30 15+ Only White-Green (60)	4:30 Fam. Green-HighBlue (30) 5:00 XMA Beginner (30) 5:30 Fam. White-HighYellow (30) 6:00 Fam. Red-Black Belts (30) *5:30 Butts and Gutts (45) *6:30 13+ Brazilian Jiu-Jitsu (60)	4:30 Fam. White-HighYellow (30) 5:00 Green-Black (Alt Spar) (30) 5:30 XMA Inter/Adv - DEMO (30) 6:00 Fam. Red-Black Belts (30) *6:00 Trim and Tone (45) 6:30 15+ Only Green-Black (60) 6:30 15+ Only White-Green (60)	
Thursday	Friday	Saturday	
5:00 XMA Beginner (30) 5:30 Fam. White-HighYellow (30) 6:00 Green-Black (Alt Spar) (30) *5:30 Butts and Gutts (45) *6:30 13+ Brazilian Jiu-Jitsu (60)	1st Friday of Every Month LEADERSHIP WORKSHOP 5:00 - 6:00 <u>Adults/Assistants</u> 6:00 - 7:00 <u>All Other Leadership</u> This is a scheduled event that is highly recommended for all leadership students to attend once per month	1:00 Your Birthday Party [ask about birthday parties for your child. They're FREE ! Schedule Yours Today] Other special events and seminars will be held on Sat.	



ETIQUETTE AND PROTOCOL

- Black Belts are always addressed by their last names with the proper title both in and out of the Do Jang
- Students will respond with proper respect to senior belts
- While all students will exchange bows, the junior student is expected to initiate this courtesy first
- Students as well as Parents and Guests will Bow and Say “Hello Sir” or “Goodbye Sir” upon entering and leaving the academy
- Students will bow and say “YES I CAN” upon entering onto the training deck
- Students must raise their hand and ask permission to leave the training deck

PARENTS AND VISITORS

- Parents are always welcome and encouraged to watch their children in class
- Parents are asked not to correct, teach, or criticize their children during classes
- Parents and Guests must raise their hand and ask permission to enter the training deck
- Children must be picked up immediately after class
- For safety reasons, parents must come into the Do Jang to pick up their children
- Siblings under the age of 18 may observe classes when accompanied by their parent(s)
- Non participant children/siblings may not be dropped off for care by Leadership Academy
- Parents must also remove their shoes before entering the training area
- Parents must leave an emergency number where they can be reached in the event of emergency

Schedule is subject to change based on Academy Enrollment

Legend

XMA..... Xtreme Martial Arts
 Adult only 15 and up only
 B&G and T&T Women Only
 * Training Floor #2
 JiuJitsu 13 and up only
 [45] 45 Minute Classes



Leadership Academy

Martial Arts and Leadership Training