



Ancient Ways Martial Arts Academy

Summer 2010 Class Schedule (Begins July 12th)

Monday ("A" Day)	Tuesday ("A" Day)	Wednesday ("B" Day)	Thursday ("B" Day)	Friday ("C" Day)	Saturday ("C" Day)			
12:15-12:45PM Cage Fitness	11:00AM – Noon Adult Only, Any Rank	12:15-12:45PM Cage Fitness	11:00AM – Noon Adult Only, Any Rank		8-8:30AM Cage Fitness			
3:45–4:30PM Camp Class	3:45–4:30PM Camp Class - Four Winds	3:45–4:30PM Camp Class	3:45–4:30PM Camp Class -Weapons	3:45–4:30PM Camp Class	8:30-9:30AM Advanced Rotation Class			
4:30-5:15PM Intermediate	4:30-5PM Wee Warrior	4:30-5:15PM Wolf Pack, All Rank	4:30-5PM Wee Warrior	5-5:15 Wolf Cubs	9:30-10:30 All Rank, All Age			
5:15-6PM Beginner	5-5:45PM Advanced & Black Belt	5:15-6PM Basic, All Rank	5:15-5:45PM Guardian-Bo Staff	5:45-6:15PM Weapons- WP/G	10:30-11AM Sparring- WP/G			
6-6:45PM Advanced & BB	6-6:30PM Wee Warrior	5:45-6:30PM Intermediate	6-6:30PM Guardian	6-6:30PM Wee Warrior	6:30-6:45 Wolf Cubs	5:45-6:30PM Wolf Pack, All Rank	6:15-6:45PM Ground-WP/G	11-11:30AM Four Winds- WP/G
6:45-7:45PM Adult, All Rank	6:30-7:15PM Beginner	6:45-7:45PM Adult, All Rank	6:30-7:15PM Basic, All Rank	Special Events	11:30-12:15PM Swords-G			
7:45-8:15PM Cage Fitness	7:15-8:15PM Adult, All Rank	7:45-8:15PM Cage Fitness	7:15-8:15PM Adult, All Rank		Special Events & Birthdays			
8:15-9:15PM MMA Level 1 Class		8:15-9:15PM MMA Level 1 Class	8:15-9:15PM MMA Level 2 Class					

The Class Schedule is a **guideline only**, if you wish to come at a different time then just let Taoiseach Brown know and he will make allowances to match **your** schedule.

"A" Days – Class times are based on your Belt Level. Curriculum consists of Forms, Target Practice and Defensive Techniques.

Beginners-White, Yellow and Orange Belts

Intermediates-Green – Blue Belts

Advanced-Blue Senior and Up

"B" Days – Classes are based on your Enrollment Program. Curriculum consists of partner drills and elective training for Wolf Pack students and up.

"C" Days – Make-up and Specialty Days. Sparring, Weapons and Four Winds Classes, you must have participated in the class before to insure you are warmed up.

Adult Classes are for those students age 13 and up. All Belt Ranks are allowed in these classes.

Sparring\Ground Fighting\Four Winds\Weapons is advanced training for our Wolf Pack and Guardian Members. Four Winds is our Martial arts Gymnastics.

Guardian Class is for our most advanced students as they train to become Leaders, Instructors and Masters. Guardians also train in Bo Staff, swords and traditional martial arts.

American Top Team MMA is for adults only. Students train just like the best UFC fighters.

Spectators

1. Please turn off cell phones during class or set to vibrate. Take phone calls outside.
2. Please speak quietly or refrain from speaking while observing class.
3. Please keep young children under supervision.
4. Please refrain from coaching from the lobby.
5. Let us know before class if you want to help by holding pads during class, we love guest coaches on the floor.
6. Let us know when you are tired of watching and are ready to participate. We have your uniform waiting for you.

Students

1. Pull your card before class, this is your responsibility.
2. Arrive to class 5 – 10 minutes before your class, fully uniformed, with belt.
3. Keep your uniform and yourself clean, others will be working closely with you, be respectful by smelling nice.
4. Have your name on all of your equipment.
5. Practice and stretch at home on your off days. This is the only way to truly succeed.
6. Promptly inform us of any absences due to sickness, injury or vacations.
7. Every day is "Buddy Day." If a friend signs up, you get a free Black Uniform.

Any Questions, Please call (941) 756-0800