

Ancient Ways Martial Arts Academy

Summer 2021 Class Schedule Begins 5/03/2021

Monday ("A" Day)		Tuesday ("A" Day)		Wednesday ("B" Day)		Thursday ("B" Day)		Friday ("C" Day)		Saturday ("C" Day)
3:00 - 4:00 PM Private Lesson Opportunities!		11:00 AM - Noon Adult and Teen, Any Rank		3:00 - 4:00 PM Private Lesson Opportunities!		11:00 AM - Noon Adult and Teen, Any Rank		3:00 - 5:00 PM Private Lesson Opportunities!		9:00 - 10:00 AM Red Seniors & Black Belts
4:00 - 4:40 PM Beginners		4:00 - 4:40 PM Beginners		4:00 - 4:40 PM Basic Program Students		4:00 - 4:40 PM Basic Program Students		5:15 - 5:45 PM Wolf Pack & Guardian - HYPER Trick School		10:00 - 11:00 AM All Rank, All Age Make-Up Class
4:40 - 5:20 PM Advanced		4:40 - 5:15 PM Intermediate	4:45 - 5:15 PM Wee Warriors Ages 3 - 6	4:40 - 5:10 PM Intros & Private Lessons		4:40 - 5:20 PM Wolf Pack & Guardian	4:45 - 5:15 PM Wee Warriors Ages 3 - 6	5:45 - 6:15 PM Wolf Pack & Guardian - Weapons		Saturday PM Private Lessons and Birthday Parties!
5:20 - 5:50 PM Wee Warrior Ages 3 & 4	5:20 - 6:00 PM Intermediates	5:20 - 6:00 PM Beginners	5:15 - 6:00 PM Black Belts & Red Seniors	5:20 - 5:50 PM Wee Warriors Ages 3 & 4	5:10 - 5:50 PM Guardian Junior Sword/Bo Class	5:20 - 6:00 PM Basic Program Students	5:20 - 5:50 PM Wolf Pack & Guardian	6:15 - 6:45 PM Wolf Pack & Guardian - Jujitsu		
5:50 - 6:30 PM Beginners	6:00 - 6:40 PM Advanced	6:00 - 6:30 PM Little Ninjas Ages 5 & 6	6:00 - 6:40 PM Intermediate	5:50 - 6:30 PM Basic Program Students	5:50 - 6:30 PM Wolf Pack & Guardian	6:00 - 6:30 PM Little Ninjas Ages 5 & 6	6:00 - 7:00 PM Black Belts and Red Seniors		6:45 - 7:15 PM Wolf Pack & Guardian - Sparring	
6:30-7:15 PM Red Senior & Black Belt		6:40 - 7:15 PM Advanced		6:30 - 7:00 PM Leadership Class		6:00 - 6:30 PM Little Ninjas Ages 5 & 6		After 7:15 PM Special Events Monthly		
7:15 - 7:45 PM Wolf Pack & Guardian - Jujitsu		7:15 - 7:45 PM Wolf Pack & Guardian - Weapons		7:00 - 7:30 PM Guardian - Bo		7:00-7:45 PM Guardian Sword Class				
7:45 - 8:45 PM Adult and Teen W/ Sparring		7:45 - 8:45 PM Adult and Teen		7:45 - 8:45 PM Adult and Teen W/ Jujitsu		7:45 - 8:45 PM Adult and Teen				

The Class Schedule is a **guideline only**, if you wish to come at a different time then just let Renshi 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.

"C" Days – Make-up and Specialty Days.

Adult Classes are for those students age 12 and up. All Belt Ranks are allowed in these classes.

Sparring/Jujitsu/HYPER/Weapons is training for our Wolf Pack and Guardian Members. **HYPER** is our Martial Arts Gymnastics and Kicks and Tricks Class.

Guardian Class is for our most devoted students as they train in Bo Staff, swords and traditional martial arts.

Leadership Class is for our students who want to help guide others. All Guardians and Black Belts are expected in this class, others may be invited if they show the traits of a leader.

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.
6. Let us know when you are tired of watching and are ready to participate. We have your uniform

Students

1. Check in at the front desk.
2. Arrive to class 5 – 10 minutes before your class, fully uniformed, with belt tied properly.
3. Keep your uniform and yourself clean, others will be working closely with you, be respectful.
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