

ARVADA  
CLASS SCHEDULE

SEO'S MARTIAL ARTS  
6490 Wadsworth Blvd - Arvada, CO 80003  
Phone (303) 431-2200 - Fax (303) 431-2308



Classes are open to children and adults unless otherwise specified.

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White - Conditional Black Belt(Adult)	10:15		9:30			
1st Degree Black Belt and Up (Adult)	9:30		9:30			
Little Dragons	4:15 (Combinations)	5:30 (Combinations)	4:15 (Combinations)	5:30 (Tumbling)	4:15 (Kicking)	10:30 (Kicking)
White - Orange Belt (Children & Adult)	4:00	4:00	4:00	4:00	4:00	10:30
<b>Beginners - Orange Belt (Children &amp; Adult)</b>	<b>5:30</b>	<b>6:15</b>	<b>5:30</b>	<b>6:15</b>	<b>5:30</b>	<b>10:30</b>
White - High Red Belt (Adult)	7:45	5:30	7:45	5:30	7:00	
Green - Purple Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	10:30
Green - High Blue Belt (Children & Adult)		4:00		4:00	4:00	
Blue - High Blue Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	11:15
Red - High Red Belt (Children & Adult)	4:00 / 7:00	4:00 / 5:30	6:15	4:00 / 5:30	4:45	11:15
Low Brown Belt (Children and Adult)	4:45 / 7:00	4:45	4:45	4:45	6:15	11:15
Brown - Conditional Black Belt (Children & Adult)	4:45	4:45 / 7:00	4:45	4:45 / 7:00	6:15	11:15
1st Degree - Conditional 2nd Degree	7:00 - Forms	7:00	6:15	7:00	4:45	9:00 - 10:15
<b>Advanced 1st Degree - Conditional 2nd Degree - INVITE ONLY</b>		7:45		7:45		
2nd Degree Black Belt & Up	7:00 - Forms	7:45	6:15	7:45	4:45	9:00 - 10:15
Brown -Black Belt Self Defense /One Step Sparring (Children & Adult)			7:00			
<b>Master Club Sparring</b>	6:15 Children Red Belt and Up		4:45 Children Gold - High Blue Belt			12:15 Adult Gold Belt and Up 12:15 Teenage Sparring Red Belt and Up
<b>Master Club Classes</b>	6:15 Demo Level 1		4:00 Nunchaku		7:00 Demo Level 2 <b>INVITE ONLY</b>	11:15 Escrima
<b>Leadership Classes</b>			6:15 - (Boxing) 7:00 (Self Defense)		7:00 Demo Level 2 <b>INVITE ONLY</b>	

**PLEASE ARRIVE 15 MINUTES PRIOR TO CLASS STARTING TIME**

- Pull attendance card prior to class.
- Place shoes and jackets neatly in cubicles.
- Attend class two times per week.
- Show respect for instructors and fellow students.
- Display Black Belt attitude and commitment.
- Be responsible and bring sparring gear and weapons everyday.
- Maintain high performance in school work.
- Keep uniform clean and pressed.
- Attend all intramural tournaments.
- Participate in Book Club & Self Discipline programs.
- Do not wear jewelry.
- Have at least one parent present during class.

# Lakewood Class Schedule

## SEO'S MARTIAL ARTS

3255 S. Wadsworth Blvd. Lakewood Co, 80227  
Phone: (303) 948-4466



# SEO'S MARTIAL ARTS

Classes are open to Children & Adults unless otherwise specified.

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belt (Adult)		10:00		10:00		
Little Dragons	4:15 (Combinations)	5:30 (Combinations)	4:15 (Combinations)	5:30 (Tumbling)	4:15 (Kicking)	10:00 (Kicking)
White - Orange Belt (Children & Adults)		4:00	4:00	4:00		
<b>Beginner - Orange Belt (Children &amp; Adults)</b>	<b>5:30</b>	<b>6:15</b>	<b>5:30</b>	<b>6:15</b>	<b>5:30</b>	<b>10:00</b>
Green - H. Red (Children and Adult)		4:00		4:00		
Green - Purple Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	10:00
Blue - High Blue Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	10:45
Red - High Red Belt (Children & Adult)	7:00	5:30	6:15	5:30	4:45	10:45
White - High Red (Adult)	7:45		7:45		7:00	
L. Brown - Conditional Black Belt (Children & Adult)	6:15	7:00	4:45	7:00	7:00	10:45
1st Degree Black Belt and Up (Children & Adult)	7:00	7:00	4:45/ 7:00	7:00		9:00
<b>Master Club Sparring (Children &amp; Adult)</b>						11:30-12:30
<b>Master Club Weapons</b>						10:45
<b>Master Club Demo Class</b>	6:15 (Level 1)				6:15 (Level 2)	
<b>Leadership Class</b>			6:15			

**PLEASE ARRIVE 15 MINUTES PRIOR TO CLASS STARTING TIME**

- Students are expected to:**
1. Pull attendance card prior to class.
  2. Place shoes and jackets neatly in cubicles.
  3. Attend class two times per week.
  4. Show respect for instructors and fellow students.
  5. Display Black Belt attitude and commitment.
  6. Be responsible and bring sparring gear and weapons every day.
  7. Maintain high performance in school work.
  8. Keep uniform clean and pressed.
  9. Attend all intramural tournaments.
  10. Participate in Book Club and Self-
  11. Do not wear jewelry.
  12. Have at least one parent present during