



COMBINED MARTIAL ARTS ACADEMY NERANG 2017

Timetable Effective 06 January 2017

"Everyone has the right to feel safe"

MONDAY (A DAY)		TUESDAY (A DAY)		WEDNESDAY (B DAY)		THURSDAY (B DAY)		FRIDAY		SATURDAY		Sunday	
9.30am to 10.00am	Little Dragons 3 - 4 Yrs Early Learning & Character Development			9.30am to 10.00am	Little Dragons 3 - 4 Yrs Early Learning & Character Development			Book Your Childs Private lesson NOW Packages available Book at Reception 30 minute or a 60 minute Private lesson Help your child to improve at a faster pace! Pay for 10 & get 12 lessons a saving of \$120		8.30am to 9:15am	Little Dragons 3 - 6 Yrs		
10.30am to 11-30am	kickboxing for Adults	10.30am to 11.30am	kickboxing for Adults	10.30am to 11.30am	kickboxing for Adults	10.30am to 11.30am	kickboxing for Adults			9.30am to 10:15am	white - Green Belts	10am onwards	Private only
		2:45pm to 3.30pm	Little Dragons 3 - 4 Yrs Early Learning & Character Development			2:45pm to 3.30pm	Little Dragons 3 - 4 Yrs Early Learning & Character Development			9.30am to 10:15am	Green Belts and above		Private only
4:00pm to 4:45pm	Beginners White Belt (6 - 10 Yrs)	4:00pm to 4:45pm	Little Dragons 4 - 6 Yrs Early Learning & Character Development	4:00pm to 4:45pm	Beginners White Belt (6 - 10Yrs)	4:00pm to 4:45pm	Little Dragons 4 - 6 Yrs Early Learning & Character Development			10.30am to 11:15am	Tournament Training Squad/ Alternates w/ 10:30am Beginners Warriors 11:15am Intermediate Warriors		Private only
4:45pm to 5.30pm	Yellow - Green Belt (6 - 11Yrs)	4:30pm to 5:15pm	Little Tigers - White Belt /Green (6-8Yrs)	4:45pm to 5.30pm	Yellow - Green Belt (6 - 11 Yrs)	4:30pm to 5:15pm	Little Tigers - White Belt/Green (6 - 8 Yrs)						Private only
5:15pm to 6:00pm	Green/ Orange/ Red Under 12's	5:00pm to 5:45pm	Green / Blue Belt u / 12s	5:15pm to 6:00pm	Green/ Orange/Red Under 12's	5:00pm to 5:45pm	Green / Blue Belt u/12	See Newsletter	Private lessons	11.30am to 12.30pm	Leadership Training	Family Class Train with your child	
5:45pm to 6:30pm	Junior Advanced Under 12's	5:45pm to 6:30pm	Teen Beginners	5:45pm to 6:30pm	Junior Advanced Under 12's	5:45pm to 6:30pm	Teen Beginners	4:00pm onwards	Private Lessons	12:30pm to 1:30pm	Extreme Sword Training	Private only	
6:30pm to 7:15pm	Adult Beginners 13 Years +	6.40pm to 7:30pm	Senior Advanced 13 Years +	6:30pm to 7:15pm	Adult Beginners 13 Years +	6.40pm to 7:30pm	Senior Advanced 13 Years +	4:00pm to 6:00pm	Private lessons (except last Friday each month)	1.30pm onwards	Private Lessons Bookings Essential	Private Only	

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Students between the ages of 3 and 6 learn at a completely different speed as compared to 10 years olds.

This is why the 3 – 6 Year old Little Dragons have a different grading system to older students.

Our Little Dragon program is specifically designed for kids from 3 - 6yrs old, this is for them to benefit and understand the life skills in which we teach. Our program is designed so that the material your child is learning is progressive. We use three styles of the teaching when instructing your children. **KINESTHETIC – Touching, Auditory (Hearing), & Visual (Seeing)**. Children learn best when they are exposed to all three styles.

We test our Little Dragons for their patches every two months. By this time frame on an average a student has trained anywhere between 16-20 classes. Grading dates are pre structured and will be advertised in our monthly newsletters. Little Dragons are tested for their motor skills and hand eye coordination. We test them on:

Fitness Excellence Self Defence Excellence Blocking Excellence Kicking Excellence, So it is Mandatory to attend these gradings.

The students train 8 times or more in month for them to be eligible for the Patch Testing. Those training one day a week must also complete minimum 8 classes before they attend Patch Testing. After a student has obtained all 4 Patches they will be eligible for their tips.

Tip Testing is an encouragement and rewarding process for students to ensure they know their techniques and drills.

How many Tips should my children have?

Students must receive 4 black Tips + **RED Tip** to qualify for BELT GRADING.

When is Tip Testing?

Tip Testing are scheduled fortnightly and done during class time. Dates are available on the notice board & monthly newsletter. Students are only allowed to do two Tip per fortnight. They are allowed to do their 4th Tip and **Red tip** consecutive days.

There is no personal invitation for Tip Testing. Once the students receive 4 patches, they are eligible for Tip testing.

*What is a **Red Tip**? **Red tip** is to indicate that your child has been approved to attend the next Belt Promotion exam.*

NOTE: Student under the age of 12years will only be eligible to grade for half belts.

Please ensure ALL attendance cards are handed in at each class. No card = No hours

Students must have completed the following hours in training , in order to grade for their belt:

10th Kyu (White Belt) = 24 Hours training

5th Kyu (Blue Belt) – 32 Hours training.

9th Kyu (Yellow Belt) – 24 Hours training

4th Kyu (Purple Belt) – 32 Hours training.

8th Kyu (Green Belt) – 24 Hours training

3rd Kyu (Brown Belt with 1Strip) – 44Hours training.

7th Kyu (Orange Belt) - 24 Hours training

2nd Kyu (Brown Belt with 2 Stripes) – 44 Hours training

6th Kyu (Red Belt) – 32 Hours training.

1st Kyu Black Belt White Stripe = Kyoshi's decision

REFERAL SYSTEM

Looking for some extra cash?

Bring a buddy in today!!

Each time you refer a friend or a family member, that then joins the academy you will receive:

- **x1 person = \$50 cash**
- **x2 people = \$100 cash**
- **x3 people = \$200 cash**
- **x4 people = \$300 cash**
- **x5 people = \$400 cash**

Have even more fun training!

Terms & conditions:

The student must be a member of the academy for a duration of over 30 days.

80% of our students are referrals.

