



# WEST COAST MARTIAL ARTS

2315 Sunset Blvd. • Rocklin, CA 95765 • 916.632.1995

## RANGERS/Dragons SCHEDULE

Effective  
January 1, 2017

CLASSES	MON	TUE	WED	THU	FRI	SAT
Karate Rangers Ages 3 - 4		3:00		3:00		9:00
Beginning Lil' Dragons Age 5 - 7 White - Purple	3:00 5:45	4:15	3:00 5:45	4:15	3:45	9:30
Advanced Lil' Dragons Age 5 - 7 Blue - Black	3:00 5:45	4:15	3:00 5:45	4:15	3:45	9:30

## JUNIOR CHAMPION'S SCHEDULE

Effective  
January 1, 2017

CLASSES	MON	TUE	WED	THU	FRI	SAT
Ninja Turtles White Belts	4:15 6:15	3:30 5:30	4:15 6:15	3:30 5:30	4:15	10:00
Orange - Purple Belts	4:15 6:15	3:30 5:30	4:15 6:15	3:30 5:30	4:15	10:00
Blue - Brown I Belts	3:30 7:00	4:45	3:30 7:00	4:45	5:00 <i>Black Belt Club</i>	10:45
Red - Red/Black Belts	3:30 7:00	4:45	3:30 7:00	4:45	5:00 <i>Black Belt Club</i>	9:00
Black Belts	5:00	7:00	5:00	7:00	5:00	9:00

## FIT AND FURIOUS ADULT SCHEDULE

Effective  
January 1, 2017

CLASSES	MON	TUE	WED	THU	FRI	SAT
White - Purple Belts		6:15		6:15		
Blue - Red/Black Belts	7:00	6:15	7:00	6:15	5:45	10:45
Black Belts	5:00	6:15	5:00	6:15	5:00	9:00

## SPECIALTY CLASS SCHEDULE

Effective  
January 1, 2017

CLASSES	MON	TUE	WED	THU	FRI	SAT
Demo Team/Weapons/Tumbling					4:00 <i>Black Belt Club</i>	12:00 <i>Black Belt Club</i>
Kid's Brazilian JiuJitsu	5:30		5:30		5:30	10:00
Adult Brazilian JiuJitsu	6:30	5:30 <i>Fundamentals</i> 6:30 <i>No Gi</i>	6:30	6:30 <i>Competition Drilling</i>	6:30	11:00
Women's Only Brazilian JiuJitsu						12:30
Get Strong Women's Self Defense		5:00 6:00		5:00 6:00	5:00	11:00
Warrior Retreat Man Up Program		6:00 Fitness 7:00 Haganah		6:00 Fitness 7:00 Haganah		TBA
Youth Conditioning - 30 min.	4:30		4:30			
Sport TKD Olympic Training Program	3:30		3:30			9:00

# PRICING OVERVIEW

(Subject to change without notification)

## Martial Arts Program:

- 2 – 3 days per week
- Unlimited

## Pricing:

\$119.95 monthly  
\$149.95 monthly

## Brazilian JiuJitsu Program:

- 2 days per week
- Unlimited

## Pricing:

\$110 monthly  
\$135 monthly

## Add On Programs:

- Weapons weekly
- Olympic Sport TKD Training

## Pricing:

\$49.95 monthly  
\$19.95 monthly (*unlimited only*)  
\$99.95 monthly (*add on only*)

## Specialty Programs:

- Women's Self Defense \$129.95 monthly
- Warrior Retreat Man Up \$129.95 monthly
- Karate Birthday Parties \$200.00 – 1.5 hours  
\$350.00 – 3 hours
- Bootcamp – 2 days \$49.95 monthly
- Youth Conditioning – 2 days \$49.95 monthly
- Annual Registration \$49.95 (Every January)

## School Rules and Regulations

1. Always show proper conduct in and out of the training area in accordance to the Student Creed and Rules of the Studio
2. Whenever entering or leaving the training area, bow in and out of the room as a sign of respect.
3. Bow to all senior Black Belt members when entering or leaving the school, as a sign of respect and as our formal greeting.
4. All uniforms must be kept clean and odor free at all times.
5. Students should never wear their belts and uniforms in the street. Modesty and humility are some of the most important life lessons of martial arts. We never want to appear to be bragging about ourselves.
6. Good physical hygiene must be kept at all times. Nails should be kept trimmed and cleaned to avoid injuring another student during training.
7. Whenever a student is not in class, they must either be sitting in the lobby, sitting on deck while stretching or sitting quietly on the training floor while waiting for class to start.
8. Training equipment should be kept neatly against the wall during your class.
9. Avoid leaving personal property behind in the dressing rooms. All lost and found items are kept for a 2 week maximum before they are discarded.
10. Proper respect must be displayed at all times. There is never a reason for conflict within the school. If a student has a concern that needs to be addressed then it must be brought to the attention of the head instructor.
11. No smoking, chewing gum, lounging or profanity is allowed in the school at any time.
12. When a student misses more than 3 consecutive classes an authorized staff member may contact them to inquire about attendance.
13. Students should practice a minimum of 15 minutes per day at home in order to gain a better understanding of their curriculum. Just like in school, you are required to do some home study.
14. No jewelry should ever be worn in the training area.
15. No shoes are allowed on the mats, except those approved by head instructor as appropriate for training in.
16. Avoid bringing valuables to class. Although instances of dishonesty are rare within the school, we cannot be responsible for lost, stolen or damaged items.
17. Whenever addressed by a senior ranking member in and out of the school, the proper traditional response should be ending with “sir” or “ma’am”.
18. No horseplay, bullying, outburst of any sort or loud talking will be tolerated.
19. All students should arrive on time for classes. Arrive no more than 10 minutes prior to your class.
20. Bring a level 10 attitude to class. Energy is the driving force behind all achievement!

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