

# Lakewood Class Schedule

## SEO'S MARTIAL ARTS

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



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            |                |                 |
| Beginner - Orange Belt (Children & Adults)          | 5:30                | 6:15                | 5:30                | 6:15            | 5:30           | 10:00           |
| 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 ...