

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)	10:00		10:15			
1st Degree Black Belt and Up (Adult)	10:00		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
Beginners - Orange Belt (Children & Adult)	5:30	6:15	5:30	6:15	5:30	10:30
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
Brown - Conditional Black Belt						
1st Degree - Conditional 2nd Degree	7:00 - Forms	7:00	6:15	7:00	4:45	9:00 - 10:15
Advanced 1st Degree - Conditional 2nd Degree - INVITE ONLY		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			
Master Club Sparring	6:15 Children Red Belt and Up		4:45 Children Gold - High Blue Belt			12:15 Adult Gold Belt and Up
Master Club Classes	6:15 Demo Level I		4:00 Nunchaku		7:00 Demo Level 2	11:15 Escrima
Leadership Classes			6:15 - (Boxing) 7:00 (Self Defense)			

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 everyday.
7. Maintain high performance in school work.
8. Keep uniform clean and pressed.
9. Attend all intramural tournaments.
10. Participate in Book Club & Self Discipline programs.
11. Do not wear jewelry.
12. Have at least one parent present during class.