



Ancient Ways Martial Arts Academy

2018 Class Schedule

Monday ("A" Day)		Tuesday ("A" Day)		Wednesday ("B" Day)		Thursday ("B" Day)		Friday ("C" Day)	Saturday ("C" Day)
		11:00 AM – Noon Adult and Teen, Any Rank				11:00 AM – Noon Adult and Teen, Any Rank			9:00 – 10:00 AM Red Seniors & Black Belts
3:45 - 4:15 PM Wee Warriors				3:45 - 4:15 PM Wee Warriors		3:45 - 4:30 PM All Rank Youth			10:00 – 11:00 AM All Rank, All Age Class
4:30 - 5:15 PM Intermediate	4:30 - 5:15 PM Advanced	4:30 - 5:00 PM Wee Warrior		4:30 - 5:15 PM Wolf Pack Program Students		4:30 - 5:00 PM Wee Warrior		4:30-5:00 Wee Warrior	11:00 - 11:30 AM Wolf Pack-Sparring
5:15 – 6:00 PM Beginners		5:00 - 5:45 PM Black Belts & Red Seniors		5:15 - 6:00 PM Basic Program Students		5:00 - 5:45 PM Wolf Pack Program Students		5:00 - 5:45 PM All Rank, All Age	11:30 - Noon Wolf Pack-HYPER
6:00 - 6:30 PM Wee Warrior	6:00 - 6:30 PM Guardian Bo Staff	6:00 - 6:30 PM Wee Warrior	5:45 - 6:30 PM Beginners	6 - 6:30 PM Wee Warrior	6:00 - 6:30 PM Guardians & TNT	6 - 6:30 PM Wee Warrior	5:45 - 6:30 PM Basic Students	5:45 - 6:15 PM Wolf Pack-Weapons	
6:30-7:15 PM Red Senior & Black Belt		6:30 - 7:15 PM Intermediate	6:30 - 7:15 PM Advanced	6:30 - 7:15 PM Guardian-Sword		6:30-7:15 PM Black Belts Only		6:15 - 6:45 PM Wolf Pack- Jujitsu	
7:15 - 7:45 PM Wolf Pack- Jujitsu		7:15 - 7:45 PM Wolf Pack-Weapons		7:15 - 7:45 PM Wolf Pack-Sparring		7:15 - 7:45 PM Wolf Pack-HYPER			
7:45 - 8:45 PM Adult and Teen		7:45 - 8:45 PM Adult and Teen		7:45 - 8:45 PM Adult and Teen		7:45 - 8:45 PM Adult and Teen			
		8:45 - 9:15 PM Open Mat Forms Work				8:45 - 9:15 PM Open Mat Forms Work			

The Class Schedule is a **guideline only**, if you wish to come at a different time then just let Taoiseach Brown know and he will make allowances to match **your** schedule.

Classes marked with a (B) are held in the back Dojo.

"A" Days – Class times are based on your Belt Level. Curriculum consists of Forms, Target Practice and Defensive Techniques.

Beginners-White, Yellow and Orange Belts

Intermediates-Green – Blue Belts

Advanced-Blue Senior and Up

"B" Days – Classes are based on your Enrollment Program. Curriculum consists of partner drills and elective training.

"C" Days – Make-up and Specialty Days.

Adult Classes are for those students age 13 and up. All Belt Ranks are allowed in these classes.

Sparring\Ground Fighting\Four Winds\Weapons is training for our Wolf Pack and Guardian Members. **HYPER** is our Martial Arts Gymnastics and Kicks and Tricks Class.

Guardian Class is for our most devoted students as they train to become Leaders, Instructors and Masters. Guardians also train in Bo Staff, swords and traditional martial arts.

Spectators

1. Please turn off cell phones during class or set to vibrate. Take phone calls outside.
2. Please speak quietly or refrain from speaking while observing class.
3. Please keep young children under supervision.
4. Please refrain from coaching from the lobby.
5. Let us know before class if you want to help by holding pads during class, we love guest coaches on the floor.
6. Let us know when you are tired of watching and are ready to participate. We have your uniform waiting for you.

Students

1. Pull your card before class, this is your responsibility.
2. Arrive to class 5 – 10 minutes before your class, fully uniformed, with belt tied properly.
3. Keep your uniform and yourself clean, others will be working closely with you, be respectful by smelling nice.
4. Have your name on all of your equipment.
5. Practice and stretch at home on your off days. This is the only way to truly succeed.
6. Promptly inform us of any absences due to sickness, injury or vacations.
7. Every day is "Buddy Day." If a friend signs up, you get a free Black Uniform.

Any Questions, please call (941) 756-0800