

# New Schedule 2022



**CHOZEN MARTIAL ARTS ACADEMY**  
*Building Balanced Lives*

670 Arow Hwy. La Verne, Ca 91750 Bus: 909-599-7511 [www.Chozenmaa.com](http://www.Chozenmaa.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY Sparring Day	FRIDAY	SATURDAY
<b>Chozen Tigers</b>		3:20-3:50	6:30-7:00	3:20-3:50 <b>No Sparring</b>	3:20-3:50	10:00am - 10:30am
<b>Karate White</b>	3:20-3:50	5:50-6:30	6:30-7pm	4:00-4:30 <b>No Sparring</b>		10:00am - 10:30am
<b>Karate Level 1</b>	4:00-4:45	6:30-7:00	4:00-4:45	4:00-4:45 4:55-5:40 5:50-6:30	4:00-4:45	10:30am - 11am
<b>Karate Level 2</b>	4:55-5:40	4:55-5:40	5:50-6:30	4:00-4:45 4:55-5:40 5:50-6:30		10:30am - 11am
<b>Karate Level 3</b>		4:55-5:40	4:55-5:40	4:00-4:45 4:55-5:40 5:50-6:30		10:30am - 11am
<b>Specialty Team</b>	<b>Kids BJJ</b> 4:00-5:00 <b>Adult BJJ</b> 6:30-8pm	<b>Teens Karate</b> <b>12yrs- Up All Belts</b> 7:15pm - 8pm	<b>Teens Karate</b> <b>12yrs- Up All Belts</b> 7:15pm - 8pm <b>Kids / Adult BJJ</b> 5pm - 6pm	<b>Teens Sparring</b> <b>12yrs- Up All Belts</b> 7:15pm - 8pm	<b>Demo Team</b> 6:00pm - 8pm <b>Leadership</b> 4:00 - 4:45pm <b>Adult / Kids BJJ</b> 5:00-6:30	<b>Sparring</b> <b>Yellow-Black</b> 11:00am
<b>Karate Level 4</b>	5:50-6:30	5:50-6:30		4:00-4:45 4:55-5:40 5:50-6:30		
<b>Karate Level 5</b>	5:50-6:30		5:50-6:35	4:00-4:45 4:55-5:40 5:50-6:30		
<b>Kick Fit Class</b>	6am / 9am / 5:30pm		6am / 9am / 5:30pm		6am / 9am	
<b>Krav Maga</b>	7pm - 8pm <b>Krav Maga Teens</b> 5:00-5:45pm	9am - 10am 7pm - 8pm	<b>Everyday Carry</b> <b>Scenarios</b> 7pm - 8pm	9am - 10am 7pm - 8pm <b>Krav Maga Teens</b> 6:30-7:15		<b>Krav Maga</b> <b>Adults / Teens</b> 9am

- ☉ Tiny Tigers 3yrs. - 6yrs.
- ☉ White Belt 6yrs. - Up
- ☉ Level 1: Yellow, Master Yellow & Orange Belts
- ☉ Level 2: Master Orange, Purple & Master Purple Belts

- ☉ Level 3: Blue, Master Blue & Green Belts
- ☉ Level 4: M.Green, Brown & Master Brown Belts
- ☉ Level 5: Red & Black Belts (Black Belt Prep)
- ☉ Krav Maga: White - Black Belts 16yrs. - Up. / Teens 12-15yrs.