



# Lee's ATA Martial Arts- North Scottsdale Campus

At Fitness Experience Clubs on Via Linda & Mountain View  
 10155 E. Via Linda Scottsdale, AZ 85258 | (480) 528-4906  
[www.leesATAmember.com](http://www.leesATAmember.com)

Effective 5/ 23/16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tiny Tigers 4:00-4:30pm	Tiny Tigers 4:00-4:30pm	Tiny Tigers 4:00-4:30pm	Tiny Tigers 4:00-4:30pm		Krav Maga 8:00-8:45am
All Rank Kids 4:30-5:15pm	All Rank Kids 4:30-5:15pm	All Rank Kids 4:30-5:15pm	Leadership 4:30-5:00pm		Tiny Tigers 9:00-9:30am
Legacy 5:15-5:45pm	Black Belts Only 5:15-6:00pm	Sparring 5:15-5:45 pm	All Rank Kids 5:00-5:45pm		All Rank Kids 9:45-10:30am
All Rank Kids 5:45-6:30pm	All Rank Kids 6:00-6:45pm	All Rank Kids 5:45-6:30pm	Legacy 5:45 -6:15pm		Sparring 10:30-11:00am
Sparring 6:45-7:15pm	Krav Maga 6:45-7:30pm	Black Belts Only 6:30-7:15pm	Sparring 6:15-7:00pm		Leadership 11:00-11:30am
Adults 7:15-8:00pm	Adults 7:30-8:15pm	XMA/DEMO TEAM 7:15-7:45pm	Krav Maga 7:00-7:45pm		Black Belt Only 11:30-12:15pm
Krav Maga 8:00-8:45pm			Adults 7:45-8:30pm		Adults 12:15-1:00pm

**TOURNAMENTS:** Regional Tournaments will be held during the months of November, January, April, July and September dates to be announced. All students are encouraged to participate. Classes on tournament days will be canceled.

**GRADUATION:** Every 11 weeks. Usually, the last week of February, May, August, October, December. Registration forms must be turned in at least 7 days prior to graduation.

**SPECIALTY TRAINING:** Weapons will rotate every 11 weeks. Check the announcement board for upcoming weapons. Black Belt Club will do a different weapon than Leadership.

**PRIVATE LESSONS:** Students who fall behind or want to get extra preparation may schedule a private lesson. Lessons are by appointment only. See your instructor for more details.

**INSTRUCTORS:** Mr. Collin Wilcox, 4<sup>th</sup> Degree Black Belt and Ms. Marah Weiser, 4<sup>th</sup> Degree Black Belt

**QUESTIONS?** Contact Collin Wilcox at (480) 528-4906 or Lee's Headquarters at (480) 831-1111

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 Find us on Facebook! Follow us on Instagram: [LeesATA.AZ](https://www.instagram.com/LeesATA.AZ)



**ABOUT OUR MARTIAL ARTS PROGRAM FOR KIDS, TEENS & ADULTS**

**TINY TIGERS**  
 TAKWONDO  
 AGES 3-6

The Tiny Tiger program was developed specifically for children ages 3 through 6. The program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. The program works by emphasizing important monthly themes and a value system similarly to the Karate Kids program. Tiny tigers may earn 'Victory Stars' for accomplishments and are able to test for rank as well as compete in tournaments if an instructor and parent agree that they are ready when the time comes.



**Karate for Kids**  
 AGES 7-12

The Karate for Kids program was developed for children ages 7 through 12 and is based on traditional Taekwondo. The system is based on a lifetime learning concept in addition to technical skills. The program utilizes monthly themes such as Goals, Courtesy, Perseverance, and many more. Karate Kids have the opportunity to earn 'Victory Stars' for accomplishments or outstanding efforts and are encouraged to test for rank on a bi-monthly basis as well as compete in tournaments annually while on their journey to Black Belt and Beyond.



**Teens & Adults**  
 AGES 13+

Taekwondo for Adults is for everyone. Some students come in shape, while others have come to us 100 pounds overweight. Most come to us with limited flexibility as well. Adults start at any age, as we have had some students start as late as age 65 and have still earned their black belts. All adult students are looked upon as individuals and are never compared. Instructors are there every step of the way so long as there is a willingness in the student to try. The adult program is based upon three core principals: Fitness, Self-Defense, and Self-Confidence.



**ABOUT OUR ADULT MARTIAL FITNESS PROGRAM**

**KICK BOXING AEROBICS**

**FULL BODY INTENSIVE CARDIO**

Kickboxing Aerobics isn't your typical kickboxing program. It's a full body intensive cardio workout in a room full of other motivated adults soaked in sweat. Expect to hear the hottest music of today with the volume cranked high and the beat sped up. Students will learn how to use kicks, punches, strikes, and blocks in a rhythmic motion while getting one of the best workouts AZ has to offer. This program is non-contact.



Handwraps are recommended for this class, but not required.



**CAGE FITNESS**

**MMA STYLE BAG WORK**

Cage Fitness™ is based on the structure of a championship MMA bout. What this means is that Cage Fitness™ will give you a total body workout in just 5 – 5 minute rounds. There are four key elements that are focused on: endurance, strength, power and core. This is accomplished through our 5 round fitness system which is broken up into the following categories: Warm Up, Upper Body, Lower Body, Combo Round and Cool Down/Core. Cage Fitness™ is endorsed and tested by 9 time UFC Welterweight Champion Matt Hughes.

Bag gloves or handwraps ARE necessary for this class.



**WARRIOR FIT**

**RESISTANCE & STRENGTH TRAINING**

The exercises of each workout (or "fight") are based on martial arts training. Each exercise has easy-to-follow instructions and videos that you can use at home when you're not taking class. Each exercise is done for a specified amount of time, as opposed to a certain number of repetitions, so your fights always last 20 minutes. In keeping with its martial arts inspiration, Warrior X-Fit keeps track of your progress online. After each workout, you record your results. If your performance improved, you "win" the fight and earn belts, just like martial arts.



Resistance bands and gloves are used during this class.



**ABOUT OUR NEW ADDITIONAL TRAINING PROGRAM: KRAV MAGA!**



Krav Maga, (known as 'Contact Combat' in Hebrew) is the official self-defense and fighting system used by the Israeli Defense Forces, Israeli Police, militaries worldwide, anti-terrorism units and numerous law enforcement agencies. Krav Maga is a highly evolved system of combat.

Techniques used in Krav Maga are based on instinctive moments and utilize gross motor skills. Students apply the principles and techniques in a multitude of situations, even in unfamiliar adverse circumstances such as dark surroundings, sitting position, limited freedom or movement and under extreme stress and fatigue.

In addition, Krav Maga incorporates specialized training methods used to challenge students physically and mentally. This also strengthens the spirit and develops the ability to deal with violent confrontations under stress. These training methods have proven themselves worthy in preparing for combat.



Gloves ARE required for this class