



Lee's ATA Martial Arts- West Phoenix Campus

3602 W. Thomas Rd. #15 Phoenix, AZ 85019

(602) 272-5733 | (480) 266-8826 (hablamos Español)

Effective: 7/13/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ATA Tigers 4:30-5:15pm	ATA Tigers 4:30-5:15pm	White Belts Only 4:30-5:30pm	ATA Tigers 4:30-5:15pm	Tournament Prep 4:00-5:00pm	ATA Tigers 9:00-9:45am
Color Belts 12 & Under White to Red 5:30-6:30pm	Leadership/JTI 5:30-6:15pm	Color Belts 12 & Under White to Red 5:30-6:30pm	XMA 5:30-6:30pm	JTI/CTI 5:00-6:00pm	All Ranks 12 & Under 10:00-11:00am
Black Belts 6:30-7:30pm	Color Belts 12 & Under White to Red 5:30-6:30pm	Black Belts 6:30-7:30pm	Color Belts 12 & Under White to Red 6:30-7:30pm		Black Belts 12 & Under 11:00am-12:00pm
Adults 7:30- 8:30pm	Adult Sparring 7:00-7:30pm		Combat Sparring 7:00-7:30pm		Adults 12:00-1:00pm
	Adults 7:30-8:30pm		Adults 7:30-8:30pm		

-----KRAV MAGA TRAINING-----					
Krav Maga 6:30-7:30pm		Krav Maga 6:30-7:30pm	Krav Maga 6:30-7:30pm		

-----ADULT MARTIAL FITNESS CLASSES-----					
Warrior X-Fit 4:30-5:15pm	Cage Fitness 4:30-5:00pm	Warrior X-Fit 4:30-5:15pm	Cage Fitness 4:30-5:00pm	Warrior/Cage Mix 12:00-1:00pm	
Kick Box Aerobics 5:30-6:30pm	Kick Box Aerobics 5:30-6:30pm	Kick Box Aerobics 5:30-6:30pm	Kick Box Aerobics 5:30-6:30pm		Kick Box Aerobics 9:00-10:00am

OWNERS: Senior Master Michelle Landgren-Lee, Mr. Anthony Landgren

OPERATIONS: Ms. Patricia Martinez

ACADEMY MANAGER: Mr. Robert Villalobos

FITNESS INSTRUCTORS: Mr. Villalobos, Ms. Nena Caballero, Ms. Yvonne Delgadillo, Ms. Leslie Garibaldi

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

GRADUATION: Every 10-12 weeks. Students must register and pay during week 5 of graduation cycle

SPECIALTY TRAINING: Weapons will rotate every 10-12 weeks.

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

INSTRUCTOR/PARENT MEETING: We encourage parents to set parent/teacher conferences several times per year. Parent group meetings are held the first Monday of every month.

Web: leesatamember.com **Email:** robertj.villalobos@gmail.com

Find us on Facebook: "Lee's Martial Arts- West Phoenix"

Review us on Yelp! Follow Us on Instagram: [LeesATA.AZ](https://www.instagram.com/LeesATA.AZ)



Find us on
Yelp

ABOUT OUR MARTIAL ARTS PROGRAM FOR KIDS, TEENS & ADULTS

TINY TIGERS
 TAEKWONDO
 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 X-FIT

RESISTANCE & STRENGTH TRAINING

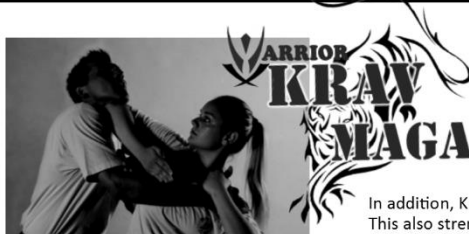
The exercises of each workout (or "fight") are based on martial arts training. Each exercise has easy-to-follow instructions and videos that you can use at home when you're not taking class. Each exercise is done for a specified amount of time, as opposed to a certain number of repetitions, so your fights 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.

