Lee's ATA Martial Arts- Paradise Valley Campus

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Effective 6/19/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS *Ages 3-6 Beginners*	4:00-4:30p	**3:30-4:00p**	5:15-5:45p	**3:30-4:00p** 6:00-6:30p	**Sparring 4-4:30p**	9:15-9:45a
	Leadership 3:45-4:00p			**Leadership 4:00-4:15**		Leadership 9:45-10:00a
COLOR BELT *Ages 7-Up, All Ranks*	4:30-5:15p	**4:00-4:45p**	4:00-4:45p	**4:15-5:00p**	**4:30-5:15p**	10-10:45a
COLOR BELT *Ages 7-Up, All Color Ranks*	5:45-6:15p Board /Weap	**6:15-7:00p**	6:30-7:15p			11:15-12p
FAMILY CLASS *All Ages, All Ranks*		**6:15-7:00p**				11:15-12p
SONGAHM STAR Red & up, Legacy	**5:15-5:45p**			**6:30-7:00p**		
TEENS & ADULTS *Ages 13+ All Ranks*	7:30-8:30p	**6:15-7:00p**		7:30-8:30p		12:00-1p

KIDS SPARRING *Camo Belts & Up Only*		**5:45-6:15p**		**5:00-5:45p Combat**	**Intro spar 4-4:30p**	
ADULT SPARRING		7:30-8:30p		7:30-8:30p Combat		
BLACK BELT ONLY *All Ages, Black Belts*	**Weap 6:15-6:45** 6:45-7:30p		5:45-6:30p	6:30-7:30p		12:00-1p

LEADERSHIP *All Ranks*		**4:45-5:15p**		**5:45-6:30p**		10:45-11:15
XMA/TUMBLING *All Ages, All Ranks*	**4:00-4:30p XMA**				**Tumbling Beg 6:15-6:45 Adv 6:45-7:15**	
COMPETITION *Leadership Only*					**5:45-6:45p**	
KIDS FIGHT CLUB *Leadership Only 7-15 yrs old*	**5:15-6:15p**		5:15-6:15p			
HYPER PRO-TRAINING *Leadership Only*		**5:15-5:45p**	4:45-5:15p		**5:15-5:45p**	

LEGACY INSTRUCTOR *All Ages, All Ranks*	**4:30- 5:15p Book Training**	**5:45-6:15p Book**	**4:45-5:15p Practical App**	**5:00-545p Business/PD**	**4:30-5:15p Non TKD**	

ADULT FIGHT CLUB ***Leadership Only*** *16 yrs. and up*	**7:30-8:30p**		7:30-8:30p			
KRAV MAGA *(Ages 16 - up)*	**6:30-7:30p**		6:30-7:30p		**6:45-7:30p**	

FITNESS	7:30-8:30p KB	**7:00-7:30p X-Fit**	**7:45-8:15p Cage Fitness**		**7:15-7:45 Warrior/Aerobics**	

Lee's ATA Martial Arts Academies– 12 AZ Locations

www.leesATAmember.com | HQ: (480) 831-1111 | leesATAmartialarts@gmail.com

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.

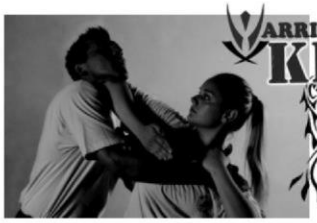
Bag gloves or handwraps ARE necessary for this class.

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!



WARRIOR 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