

# 2023 GMA MARTIAL ARTS CLASS SCHEDULE

## TAEKWONDO ADULTS /JUNIORS & LITTLE LIONS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM	TAEKWONDO FAMILIES HOME SCHOOL	PRIVATES	TAEKWONDO FAMILIES HOME SCHOOL	PRIVATES	TAEKWONDO FAMILIES HOME SCHOOL	
10:00AM		PRIVATES		PRIVATES		TAEKWONDO FAMILIES JUNIORS & ADULTS
10:45AM	PRIVATES	PRIVATES	PRIVATES	PRIVATES	PRIVATES	CONDITIONING 12YR & UP
11:30AM						11:30AM
3:00PM	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	INSTRUCTOR TRAINING
3:30PM	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO LITTLE LIONS 3YR TO 6	BY INVITATION
4:00PM	TAEKWONDO JUNIORS 7YRS TO 12 WHITE TO YELLOW GREEN	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	TAEKWONDO JUNIORS 7YRS TO 12 WHITE TO YELLOW GREEN	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	KIDS FIGHT TEAM 6.5TO 13YRS GEAR REQUIRED 4 - 5:30pm	ONCE PER MONTH
4:45PM	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	TAEKWONDO JUNIORS 7YRS TO 12 WHITE TO YELLOW GREEN	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	TAEKWONDO JUNIORS 7YRS TO 12 WHITE TO YELLOW GREEN	FIGHT NIGHT 14YRS & UP 5:30pm	LUNCH TO FOLLOW CLASS 12:30PM
5:30PM	TAEKWONDO JUNIOR&ADULTS AGES 8-UP 45M	TAEKWONDO JUNIOR&ADULTS AGES 8-UP 45M	TAEKWONDO JUNIOR&ADULTS AGES 8-UP 45M	TAEKWONDO JUNIOR&ADULTS AGES 8-UP 45M	GMA Gear Required	
6:15PM	TAEKWONDO FAMILIES 7YRS -UP	TAEKWONDO FAMILIES 7YRS -UP	TAEKWONDO FAMILIES 7YRS -UP	TAEKWONDO FAMILIES 7YRS -UP		
6:15PM 30 MINUTES	TAEKWONDO LITTLE LIONS 30M 3TO6YEARS OLD	TAEKWONDO LITTLE LIONS 30M 3TO6YEARS OLD	TAEKWONDO LITTLE LIONS 30M 3TO6YEARS OLD	TAEKWONDO LITTLE LIONS 30M 3TO6YEARS OLD	DEMO TEAM 6:15PM	CLOSED
7:00PM	TAEKWONDO ADULTS	TAEKWONDO ADULTS	TAEKWONDO ADULTS	TAEKWONDO ADULTS		12:30PM
	MMA FOCUS	TKD FOCUS	BJJ JIU-JITSU	KICKBOXING	LITTLE LIONS	HAPKIDO
WEEKLY FOCUS	1ST WEEK KICKING & STRIKING	1ST WEEK KICKING / STRIKING BLOCKS	1ST WEEK TAKE DOWNS FALLS	1ST WEEK BOXING MOVMENTS	1ST WEEK KICKING STRIKING BLOCKS MANNERS	1ST WEEK FALLS /THROW
BRAZILIAN JIUJITSU WILL HAVE 15 -30 MINUTE OF	2NDWEEK TAKE DOWNS - THROWS	2NDWEEK SELF DEFENSE	2NDWEEK SUBMISSIONS ESCAPES	2NDWEEK KICKING SPEED DRILLS	2NDWEEK SELF DEFENSE BULLY AWARNNESS	2NDWEEK KICKING / COMBOS
POSITIONAL GRAPPLING	3RD WEEK CAGE SPARRING STRATEGIES	3RD WEEK BREAKING - PATTERNS	3RD WEEK SELF DEFENS THROWS	3RD WEEK KNEE STRIKES INSIDE STRATEGIES	3RD WEEK BREAKING PATTERNS	3RD WEEK INSIDE / OUTSIDE STRATEGIES
REGULAR GRAPPLING	4THWEEK NO GI GRAPPLING/ WRESTLING	4THWEEK PATTERNS- STANCES  TKD HISTORY	4THWEEK CONDITIONING DRILLS	4THWEEK CONDITIONING SPARRING	4THWEEK PATTERNS STANCES PHILOSOPHY	4THWEEK PATERSN MOVMENTS SPARRING

ALL CLASSES WILL TEACH AND REVIEW REQUIRED TECHNIQUES TO ADVANCETO YOUR NEXT LEVEL, HAVEFAITHIN THE LEARNING PROCESS. GMA HAS CREATED SOME OF THE TOP BLACK BELTS AND COMPETITORS ATALL LEVELS. THE WEEKLY FOCUS IS LISTED ABOVE . IT IS IMPORTANTNOT TO MISS CLASSES. YOU WILL NOTADVANCETO ANY BELT LEVELS IF YOU DO NOT HAVE ENOUGH CLASS ATTENDANCECREDITS AND THE REQUIRED SKILLS FOR THATLEVEL. IF YOU ARE SICK PLEASE CALL THE ACADEMY AND INFORM THE OFFICE OR YOUR INSTRUCTOR. 615-989-7945

WEBSITE: [www.GMATeam.com](http://www.GMATeam.com) OR [www.Globalmartialartsusa.com](http://www.Globalmartialartsusa.com)

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