

# 2024-25 GMA MARTIAL ARTS CLASS SCHEDULE

## TAEKWONDO ADULTS / JUNIORS & LITTLE LIONS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM	PRIVATES	PRIVATES	PRIVATES		PRIVATES	<b>CLOSED</b>  <b>FOR EXAM DAYS &amp; EVENTS</b>
10:00AM	PRIVATES	PRIVATES	PRIVATES	PRIVATES	PRIVATES	
10:30AM	TAEKWONDO ADULTS HOME SCHOOL	PRIVATES	TAEKWONDO ADULTS HOME SCHOOL	PRIVATES	TAEKWONDO ADULTS HOME SCHOOL	
12:00PM 30 MINUTES		MOMMY / DADDY & ME 3-4 YR  LITTLE LIONS		MOMMY / DADDY & ME 3-4 YR  LITTLE LIONS		<b>11:00AM</b>  INSTRUCTOR TRAINING  BY INVITATION  ONCE PER MONTH  SEE POSTED DATES::  LUNCH TO FOLLOW CLASS 12:15PM
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	
4:00PM GMS - ROOM 2	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP	TAEKWONDO LITTLE LIONS 3YR TO 6	TAEKWONDO JUNIORS 7YRS TO 12 BLUE TO BLACK BELT	
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 <b>All Belts</b>	TAEKWONDO JUNIORS 7YRS TO 12 White -Yellow Green	
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	TAEKWONDO JUNIORS 7YRS TO 12 GREEN & UP FORMS	
5:30PM FAMILY CLASS	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	KIDS FIGHT TEAM 6.5TO 13YRS 5:30 6:30pm	
6:15PM FAMILY CLASS		TAEKWONDO FAMILIES 7YRS -UP		TAEKWONDO FAMILIES 7YRS -UP	FIGHT NIGHT 14YRS & UP 6:30pm GMA Gear Required	
6:15PM 30 MINUTES	TAEKWONDO LITTLE LIONS 30M 3 TO 6 YRS OLD		TAEKWONDO LITTLE LIONS 30M 3 TO 6 YRS OLD		DEMO TEAM 6:30PM	
7:00PM Adult Only 45 Minutes	TAEKWONDO ADULTS 15yr - Up		TAEKWONDO ADULTS 15yr - Up			
<b>WEEKLY FOCUS</b>  BRAZILIAN JIUJITSU WILL HAVE 15 -30 MINUTE OF  POSITIONAL GRAPPLING  REGULAR GRAPPLING  FREE FLOW GRAPPLING	<b>MMA FOCUS</b>  1ST WEEK KICKING & STRIKING  2ND WEEK TAKE DOWNS - THROWS  3RD WEEK KICKING / STRIKING STRATEGIES  4TH WEEK CAGE SPARRING STRATEGIES	<b>TKD FOCUS</b>  1ST WEEK KICKING STRIKING BLOCKS  2NDWEEK SELF DEFENSE  3RD WEEK BREAKING PATTERNS  4TH WEEK PATTERNS STANCES  TKD HISTORY	<b>BJJ JIU -JITSU</b>  1ST WEEK TAKE DOWNS FALLS  2NDWEEK SUBMISSIONS ESCAPES  3RDWEEK SELF DEFENS THROWS  4THWEEK CONDITIONING DRILLS  FRIDAYS OPEN GRAPPLING	<b>KICKBOXING MMA - NO GI</b>  1ST WEEK BOXING MOVEMENTS  2ND WEEK KICKING SPEED DRILLS  3RD WEEK KNEE STRIKES INSIDE STRATEGIES /  4TH WEEK CONDITIONING SPARRING	<b>LITTLE LION</b>  1ST WEEK KICKING STRIKING BLOCKS MANNERS  2ND WEEK SELF DEFENSE BULLY AWARENESS  3RD WEEK BREAKING PATTERNS  4TH WEEK PATTERNS STANCES PHILOSOPHY	

ALL CLASSES WILL TEACH AND REVIEW REQUIRED TECHNIQUES TO ADVANCE TO YOUR NEXT LEVEL, HAVE FAITH IN THE LEARNING PROCESS. GMA HAS CREATED SOME OF THE TOP BLACK BELTS AND COMPETITORS AT ALL LEVELS. THE WEEKLY FOCUS IS LISTED ABOVE. IT IS IMPORTANT NOT TO MISS CLASSES. YOU WILL NOT ADVANCE TO ANY BELT LEVELS IF YOU DO NOT HAVE ENOUGH CLASS ATTENDANCE CREDITS AND THE REQUIRED SKILLS FOR THAT LEVEL. IF YOU ARE SICK PLEASE CALL THE ACADEMY AND INFORM THE OFFICE OR YOUR INSTRUCTOR. 615-989-7945 Ext 5

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

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