



# United Academy of Martial Arts

## Class Schedule

Please attend an "A" & "B" class each week

All Classes are 45 Minutes

Age & Skill Level (Rank)	Monday (A) & Wednesday (B)	Tuesday (A) & Thursday (B)
<b>Super Juniors</b> Ages 4-7	4:15 or 5:45	5:00
<b>Junior Classes ages 7-13</b>		
<b>Beginners</b> White Belt - Gold Stripe	5:00 or 6:30	4:15 or 5:45
<b>Intermediate</b> Green Belt - Blue Belt	5:45	4:15 or 5:45
<b>Advanced</b> Blue Stripe - Red Stripe	4:15	6:30
<b>All Ages</b>		
<b>Teen &amp; Adult</b> All Ranks	7:15	N/A
<b>Candidate Class</b> Invitation Only	N/A	5:00
<b>Junior Black Belts</b> Under 13	5:00	N/A
<b>Senior Black Belts</b> 13 and over	8:00	7:15

Arrive 5-10 Minutes prior to scheduled class time.

Keep uniform neat, clean and odor-free.

Quietly prepare for class (do not disturb class in session)

Always show respect to your instructors and fellow students.

Always be well-mannered and behave properly, and remind your guests to do the same.

Attend class on a regular and consistent schedule

Make up any class you miss at another regular scheduled class for your rank.

Show proper effort and spirit on the floor.

Practice and exercises at home for better results.

Develop and maintain a positive, well-disciplined attitude.

Belong | Achieve | Succeed

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