



	Monday	Tuesday	Wednesday	Thursday	Friday		Sunday
5:30-6:15	Little Warriors		Little Warriors	Little Warriors			
6:00-7:30	Self Defense		Self Defense	Self Defense			
7:00-8:15		Kickboxing& Self Defense	Black Belt				
	Saturday						
10:00-11:15		<p>What we teach at Easton Self Defense:</p> <p><b>Kickboxing (Sanshou)</b> Our kickboxing style is rooted in Sanshou, a dynamic form of combat that emphasizes both striking and throwing techniques. We believe Sanshou is one of the most practical styles for street defense.</p> <p><b>Traditional Martial Arts Influence:</b> Our curriculum draws from various systems such as Quan Fa (Chinese martial arts), Silat (a martial art from Southeast Asia), American Kenpo, Okinawa Karate, and FMA (Filipino Martial Arts). These disciplines teach a broad range of skills, from powerful animal strikes and joint locks to fluid movement and strategic thinking. We believe in blending these systems to create a versatile martial artist who is ready for any situation.</p> <p><b>Lucayos Esgrima Martial Arts:</b> We incorporate Esgrima (South East Asian, Afro and Indigenous Caribbean (Americas), and H.E.M.A, which is known for its focus on weaponry and self-defense against armed and unarmed threats.</p>					
11:00-12:15							
12:00-1:00							
1:00-2:00							