



	Monday	Tuesday	Wednesday	Thursday	Friday		Sunday
5:00-5:50	Little Warriors	Call for Privates	Little Warriors	Privates Available	Call for Privates		
6:00-7:00	Self Defense Adult & youth		Self Defense Adult & youth				
7:00-8:00	Adult Sanshou	Sanshou Adult & Youth	Adult Sanshou				
	Saturday						
10:00-11:15	Sanshou Sparring	What we teach at Easton Self Defense: Kickboxing (Sanshou) 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. Kokuren Kenpo Martial Arts Influence: Our curriculum draws from various systems such as Quan Fa (Chinese Boxing), Silat & Kuntao (Southeast Asian Martial Arts), American Kenpo, Okinawan Kenpo, Aiki- Jujitsu 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. Lucayos Esgrima Martial Arts: 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.					
11:00-12:15	Esgrima Sparring						
12:00-1:00	Advanced Class						
1:00-2:00	Call for Privates						