



Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing (CKB)	Equipment Needed: Boxing gloves & handwraps						
	7:15a	12p 6p	7:15a	6p		9a	

New members will need coach approval to begin sparring

MMA Fundamentals (ages 12+)	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
		12p CKB 7p Muay Thai	7:15a CKB 7:15p TKD	6p CKB 7p Muay Thai		9a CKB	Fighters only invite only

Green belts and above must have sparring gear.

TAEKWONDO	BASIC CURRICULUM PROGRAM						
Ages 4-6	5p - 5:30p		5p - 5:30p			10a - 10:30a	COACHES WILL SCHEDULE
Ages 7-11	6p - 6:45p		6p - 6:45p			10a - 10:30a	COACHES WILL SCHEDULE
Ages 12+	7:15p - 8p		7:15p - 8p			10a - 10:30a	COACHES WILL SCHEDULE

Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear

TAEKWONDO	LEADERSHIP PROGRAM						
Ages 4-6	5p - 6p		5p - 6p		5p - 6p	10a-11:15a	COACHES WILL SCHEDULE
Ages 7-11	5:30p-6:45p		5:30p-6:45p		5p - 6p	10a-11:15a	COACHES WILL SCHEDULE
Ages 12+	6:45p - 8p		6:45p - 8p		5p - 6p	10a-11:15a	COACHES WILL SCHEDULE

Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear

TAEKWONDO	COMPETITION PROGRAM						
Ages 7-11	5:30p-6:45p Leadership	5p - 6p	5:30p-6:45p Leadership	5p - 6p	5p - 6p Leadership	10a - 12:30p	COACHES WILL SCHEDULE
Ages 12+	6:45p - 8p Leadership	5p - 6p	6:45p - 8p Leadership	5p - 6p	5p - 6p Leadership	10a - 12:30p	COACHES WILL SCHEDULE

Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear

TAEKWONDO	CURRICULUM LEADERSHIP COMPETITION						
All Ages All Ranks Forms/Poomsae					6p-6:45p		COACHES WILL SCHEDULE
All Ages All Ranks Sparring						10:30a-11:15a	COACHES WILL SCHEDULE
All Ages Brown - Black Belts					6p-7:30p		COACHES WILL SCHEDULE



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www.tsunamimma.co

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