



Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing: Conditioning & Beginners	Equipment Needed: Boxing gloves & handwraps						
	7:15a	12p 6p	7:15a	6p		9:15a	
	<i>Kickboxing & Beginners Class: cardio, conditioning, pad work, kickboxing basics. All new students start here.</i>						

Muay Thai: Intermediate & Advanced	Equipment: 16 oz gloves, elbow pads, knee pads mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
	7:15a Kickboxing	12p Kickboxing 6p Kickboxing 7p Muay Thai	7:15a Kickboxing	6p Kickboxing 7p Muay Thai		9:15a Kickboxing	Fighters only invite only
	<i>Muay Thai: New members will need coach approval to move to intermediate / advanced class & to start sparring</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TAEKWONDO BASIC CURRICULUM	Classes: 1x Week May take 2x Week Make up Classes must be used within the same month. Equipment Needed: TKD uniform (optional: Tsunami shirt for T-shirt Days)						
	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	
	Ages 12+	7:15p - 8p		7:15p - 8p		10a-10:30a	
<i>Taekwondo: Green Belts and above MUST have sparring gear. Sparring is a mandatory part of belt tests after Green Belt.</i>							

TAEKWONDO LEADERSHIP PROGRAM	Classes: Unlimited How to be a leader Weapons Gymnastics Trick Kicks Equipment Needed: TKD uniform, Weapon, & Sparring gear (optional: Tsunami shirt for T-shirt Days)							
	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	
	Ages 12+	6:45p - 8p		6:45p - 8p		5p-6p	10a-11:15a	
<i>Taekwondo: Green Belts and above MUST have sparring gear. Sparring is a mandatory part of belt tests after Orange Belt.</i>								

TAEKWONDO COMPETITION PROGRAM	Classes: Unlimited High level Taekwondo training Learning sport Taekwondo Eligible to try out for Nationals Team Equipment Needed: TKD uniform, Sparring gear (optional: Tsunami Competition Shirt)							
	Ages 7-11	5:30-6:45p	5p-6p	5:30-6:45p	5p-6p	5p-6p	10a-12:30p	COACHES WILL SCHEDULE
	Ages 12+	6:45p-8p	5p-6p	6:45p-8p	5p-6p	5p-6p	10a-12:30p	

	ALL PROGRAMS TRAINING TAEKWONDO CURRICULUM TAEKWONDO LEADERSHIP TAEKWONDO COMPETITION						
Green Stripe & Forms All ages All Belts						6p-6:45p	COACHES WILL SCHEDULE
Sparring Class All ages All Belt						10:30a- 11:15a	
High Rank Class All ages Brown - Black Belts						6p-7:30p	

404.883.3386

info@tsunamimma.co

tsunami_mma

Tsunami Mixed Martial Arts

www.tsunamimma.co



Download the Tsunami MMA app!

Search in your app store "Tsunami MMA"

Studio Code: 4048833386

Use your same email we have on file when registering

