

# CLASS TIMETABLE

## TERM 3, 2010



### MARTIAL ARTS TRAINING COMPANY

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<i>Day</i>	<i>Start</i>	<i>Finish</i>	<i>Description</i>	<i>Age group</i>	<i>From Grade</i>	<i>To Grade</i>
<b>Monday</b>	4:00 PM	4:30 PM	General class Taekwondo	Musketeer	Beginner	Orange Belt
	4:30 PM	5:00 PM	General class Taekwondo	Musketeer	Orange 1	Red 1
	5:00 PM	5:45 PM	General class Taekwondo	Titan	Beginner	Blue 1
	5:45 PM	6:30 PM	General class Taekwondo	Titan	Blue 2	Black belts
	6:30 PM	7:30 PM	Competitors' Fight class Taekwondo	Ttn/Snr	Yellow 2	Black belts
	7:30 PM	8:30 PM	Strength and Fitness Boxing	Ttn/Snr	Beginner	Expert
	8:30 PM	9:30 PM	General class Taekwondo	Senior	Beginner	Black belts
<b>Tuesday</b>	4:00 PM	4:30 PM	General class Taekwondo	Musketeer	Beginner	Orange Belt
	4:30 PM	5:00 PM	General class Taekwondo	Musketeer	Orange 1	Red 1
	5:00 PM	5:45 PM	General class Taekwondo	Titan	Beginner	Black belts
	5:45 PM	6:30 PM	Kicking class Taekwondo	Ttn/Snr	Beginner	Black belts
	6:30 PM	7:30 PM	General class Hapkido	Ttn/Snr	Beginner	Black belts
	7:30 PM	8:30 PM	General class Brazilian Jiu Jitsu (BJJ)	Senior	Beginner	Black belts
<b>Wednesday</b>	4:00 PM	4:30 PM	General class Taekwondo	Musketeer	Beginner	Orange Belt
	4:30 PM	5:00 PM	General class Taekwondo	Musketeer	Orange 1	Red 1
	5:00 PM	5:45 PM	General class Taekwondo	Titan	Beginner	Blue 1
	5:45 PM	6:30 PM	General class Taekwondo	Titan	Blue 2	Black belts
	6:30 PM	7:30 PM	Strength and Fitness Boxing	Ttn/Snr	Beginner	Expert
	7:30 PM	8:30 PM	Black Belt class Mixed Martial Arts (MMA)	Ttn/Snr	Beginner	Black belts
	8:30 PM	9:30 PM	General class Taekwondo	Senior	Beginner	Black belts

<b>Day</b>	<b>Start</b>	<b>Finish</b>	<b>Description</b>	<b>Age group</b>	<b>From Grade</b>	<b>To Grade</b>
<b>Thursday</b>	5:00 PM	5:30 PM	General class Taekwondo	Musketeer	Beginner	Red 1
	5:30 PM	6:30 PM	Competition/Grading class Taekwondo	Ttn/Snr	Beginner	Black belts
	6:30 PM	7:30 PM	Strength and Fitness Boxing	Ttn/Snr	Beginner	Experts
	7:30 PM	8:30 PM	General class Taekwondo	Ttn/Snr	Beginner	Black belts
	8:30 PM	9:30 PM	General class Hapkido	Ttn/Snr	Beginner	Black belts
<b>Friday</b>	6:30 PM	7:30 PM	General class Taekwondo	Ttn/Snr	Beginner	Black belts
	7:30 PM	8:30 PM	General class Hapkido	Ttn/Snr	Beginner	Black belts
<b>Saturday</b>	9:30 AM	10:00 AM	General class Taekwondo	Drgns/Mkt	Beginner	Orange 3
	10:00 AM	10:30 AM	General class Taekwondo	Musketeer	Beginner	Red 1
	10:30 AM	11:15 AM	General class Taekwondo	Ttn/Snr	Beginner	Black belts
	11:15 AM	12:00 PM	Black belt class Mixed Martial Arts (MMA)	Ttn/Snr	Beginners	Black belts
	12:00 AM	12:45 PM	Fight class Taekwondo	Ttn/Snr	Yellow 2	Black belts
	12:45 PM	1:30 PM	Strength and Fitness Boxing	Ttn/Snr	Beginner	Experts

### **Age Groups:**

Little Dragons (DRGNS) – Ages 3 to 4 years

Musketeers (MKT) – Ages 4 to 8 years

Titans (TTN) – Ages 9 to 14 years

Seniors (SNR) – Ages 15 years and over

Please note: Fight classes and Kickboxing classes require all protective gear (mouth, arm, shin, hand and foot and groin guards). The instructor reserves the right to change the structure of any listed classes and also prohibit participation.

<b>TERM</b>	<b>COMMENCES:</b>	<b>FINISHES:</b>	<b>CLOSED ON THESE PUBLIC HOLIDAYS:</b>
<b>Term 3:</b>	MON 12 <sup>TH</sup> July	WED 15 th Sept	

**Grading days**  
 Saturday 11 th Sept from 9:30am  
 Monday 13 th Sept from 4pm  
 Tuesday 14 th Sept from 4pm  
 Wednesday 15 th Sept from 4pm

### **Class Description:**

**Taekwondo Class** – an exciting, fun and energetic Korean martial art and Olympic sport, characterised not only by its use of blocks and punches but also by its emphasis on dynamic kicking. Taekwondo also focuses on the development of important skills to prepare you for life, including confidence, respect, discipline, concentration, hand/foot/eye coordination, as well as health and fitness. Our Taekwondo classes have been specially designed to give students the edge needed to succeed in life.

**Taekwondo Fight Class** – designed for those wishing to bring together their offensive and defensive fighting skills and apply them in a controlled environment. Focusing on speed, accuracy, timing and strength, this class will give students the skills to compete in all aspects of life as well as club / state / national / international events including the Olympics.

**Taekwondo Competition/Grading Class** – designed to focus on technique in patterns and self defence. It provides additional support for competitions and gradings. Focusing on power, timing and an accurate execution of technique, this class will ensure that your gradings are fantastic every time. This class is a must for Poomsae competitors.

**Boxing Strength and Fitness Class** – an action-packed class designed to work your body. This course also allows you to become a Boxing Instructor. Put on the boxing/bag gloves for a great workout. Be prepared to sweat! Suitable for ages 12 + and all fitness levels.

**Kickboxing Class** – an energetic, high intensity and high impact class that combines the punching techniques of boxing, the kicking techniques of martial arts (like Taekwondo) to provide overall physical conditioning and toning. This class is a great way to increase your stamina, flexibility and strength while having a lot of fun. It will also provide stress reduction and self defence skills. This course also allows you to become a Kickboxing Instructor. Suitable for ages 12 + and all fitness levels.

**Hapkido Class** – the style is similar to Aikido, which was made famous by action movie star Steven Seagal. This Korean grappling martial art is designed to use grappling and body momentum skills to build self defence techniques. We'll show you how small can beat big. Why not get a black belt in two martial art styles? Suitable for ages 14 + and all fitness levels.

**Brazilian Jiu Jitsu (BJJ) Class** – a martial art and combat sport that focuses on grappling and ground fighting with the goal of gaining a dominant position and using joint-locks and chokeholds to force an opponent to submit or be knocked out depending on the submission method used. It promotes the principle that a smaller, weaker person using leverage and technique can successfully defend against a bigger, stronger assailant. Suitable for ages 15 + and all fitness levels.

**Mixed Martial Arts (MMA) Class** – a combative hybrid martial art which integrates stand-up, clinching, takedown, ground control and submission strategies. It is a mixture of traditional and non-traditional martial arts techniques. The striking and grappling techniques can be viewed on the popular Ultimate Fighting Championships (UFC). This class is suitable for people wishing to develop well rounded self defence as members are taught defence skills in both standing and ground positions. Suitable for ages 15 + and all fitness levels.