

# MARTIAL ARTS

All classes are included in a Universal membership. Students are required to purchase a uniform after a 4-week trial period of starting a class. Students are required to bring all sparring gear and appropriate equipment to each class. Students can store their sparring equipment at Universal by renting a locker.

## YOUNG TIGERS

Ages 4 - 6. These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main evening program.

## BELT RANKED CLASSES

Yellow, High-Yellow, Green, High-Green, Blue, High-Blue, Red, High-Red, Black Ages 7 and older. These classes are for students who have earned the belt rank listed for each class. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

## BLACK BELTS ONLY

These classes are reserved specifically for black belt students ranked 1st Dan and above. These classes focus on helping the student hone the skills they learned as they worked towards 1st Dan black belt. Specifically, students will focus on learning appropriate level black belt poomsae forms, advanced level kicking, and advanced offense and defensive sparring techniques.

# CLASS SCHEDULE

updated 1/1/19

<b>TUESDAY &amp; THURSDAY</b>	5:00pm	Young Tigers
<b>MONDAY, TUESDAY &amp; THURSDAY</b>	5:30pm	White & Yellow Belt Class
<b>MONDAY, TUESDAY &amp; THURSDAY</b>	6:15pm	High Yellow, Green, High Green & Blue Belt Class
<b>MONDAY, TUESDAY &amp; THURSDAY</b>	7:00pm	High Blue, Red, High Red & Black Belts Class

PLEASE NOTE: Students can store their sparring equipment at Universal by renting a locker: Please contact a Universal Member Services Representative for more information. Please see a martial arts instructor to purchase uniforms or sparring equipment.

Martial Arts classes are included in a club membership. "Martial Arts Only" memberships are also available to the general public. Please ask a Member Services Representative for details.



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