

# Indiana Academy of Martial Arts

## 2015/2016 Schedule

812-539-4800

513-290-3950

[www.iamatkd.com](http://www.iamatkd.com)



### **Monday – One-Step & Self Defense**

6:30 - 7:15

Mighty Kids Class (Ages 5-7)

7:15 - 8:45

FMA - Close Quarters Combat & Weapon Training

### **Tuesday – One Step & Self Defense**

4:45 - 5:15

Introductory or Private Lessons

5:30 - 6:30

Youth/Family TKD Class

6:30 - 7:00

Break - Introductory & Private Lessons

7:00 - 8:15

Advanced Training Class (alternating curriculum - all ranks)

### **Wednesday – Forms**

6:00 - 6:45

Mighty Kids Class (Ages 5-7)

### **Thursday – Forms**

4:45 - 5:15

Introductory or Private Lessons

5:30 - 6:30

Beginner Ranks & Intermediate 10<sup>th</sup> Gup - 4<sup>th</sup> Gup (White - Blue)

6:30 - 7:00

Introductory or Private Lesson

7:00 - 8:00

Advanced Ranks 3<sup>rd</sup> Gup - Black Belts (Red thru Black Belt)

### **Friday – Sparring & Special Events**

TBA

Promotion Test - Test are held the first Friday of every other month.

Please refer to the IAMA wall calendar or the school website for dates.

*Pease checks website & school wall calendar for FMA class times & dates*

All TKD classes will have a general focus such as Forms, One-Step/Self Defense or Sparring.  
Each TKD class will also consist of stretching and endurance training.

Tuesdays advanced training class is open for all students wanting to learn at an accelerated pace.  
This class will concentrate on advanced techniques, weapons, stretching and developing leadership skills.  
One Step, Self Defense and/or Forms will be covered during this class time.

Thursday forms classes are divided by rank to allow for more personal attention for each group. Students that are unable to attend the proper class should get permission from the Sr. Instructor to attend an alternate class time.

Competition sparring class is open for students 9<sup>th</sup> Gup and up or upon instructor's approval. If you are interested in this class please see Master Hite. Competition sparring class will focus on improving endurance, strengthening and developing sparring techniques. Please check the IAMA wall calendar or website for dates of classes.