

# Indiana Academy of Martial Arts 2017 Schedule

TKD - FMA - BJJ

812-539-4800 513-290-3950

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



## Monday

5:15 - 6:15

6:30 - 7:15

7:15 - 8:45

Pilates Circuit w/Heather - \$7 per class

Mighty Kids TKD Class (Ages 5-7)

FMA - Filipino Close Quarters Combat & Weapon Training

## Tuesday

4:45 - 5:15

5:30 - 6:30

6:30 - 7:00

7:00 - 8:00

Introductory or Private Lessons

Youth/Family TKD Class

Break - Introductory Lessons

TKD Advanced Training Class - all ranks, age 8+

## Wednesday

4:45 - 5:15

5:15 - 6:00

6:00 - 7:15

7:30 - 8:30

Introductory or Private Lessons

Mighty Kids TKD Class (Ages 5-7)

BJJ - Brazilian Jiu Jitsu

Yoga w/Heather - \$7 per class

## Thursday

4:45 - 5:15

5:30 - 6:30

6:30 - 7:00

7:00 - 8:00

Introductory or Private Lessons

TKD Beginner & Intermediate Ranks (White thru Blue belt - age 8+)

Break - Introductory Lessons

TKD Advanced Ranks (Red thru Black Belt - age 8+)

## Friday

6:00 - 8:30

5:30 - 6:30

6:45 - 7:45

Promotion Test - Test are held the first Friday of every other month.  
Fight 60 - Sparring training - Please refer to the IAMA wall calendar  
or the school website for dates.

Yoga w/April \$7 per class - no class on promotion Friday's

## Saturday

9:00 - 10:30

11:00 - 12:00

FMA - Filipino Close Quarters Combat & Weapon Training

Insanity Live - Total body workout (\$6 per class or 5 for \$25)

- TKD:** Tuesday TKD classes will have a general focus of One-Step/Self Defense, Rolling, Falling or Sparring. Thursday TKD Classes will focus on forms training. All TKD classes will consist of basic fundamentals, stretching and endurance training as well as the general focus training for that day. 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. Fight 60 sparring class is open for all ranks and all ages, class will focus on improving endurance, strengthening and developing sparring techniques. Please check the IAMA wall calendar or website for dates of classes.
- FMA:** Filipino style martial arts focusing on open hand and weapon close quarters combat. Class is taught by Gyru David Seiwert from Dynamic Martial Arts.
- BJJ:** Brazilian Jiu Jitsu – Students will learn positions, transitions, sweeps, escapes, take-downs and submissions. The BJJ program is a traditional Gi Jiu Jitsu class led by Club MMA instructors.