

Our unique children's programs are designed to teach students far more than how to kick and punch. For nearly 35 years, our innovative methods of teaching have influenced thousands of kids to become achievers in life, as well as in the dojo. Our Program focuses on helping kids develop confident communication skills. We integrated communication training into our martial arts classes so kids can learn how to express themselves clearly and confidently.



We teach a blend of Modern martial arts.

Tae Kwon Do (Korean karate)

Muay Thai Kickboxing (How kickboxing is practiced in Thailand)

Brazilian JiuJitsu (A cutting edge Martial Art developed by the Gracie Family of Brazil)

Mr Stevens has trained in all 3 styles in their country of origin. Please visit the website to see his complete resume.

**HAVE YOUR BIRTHDAY PARTY HERE!!**

Just bring your camera, sit back and enjoy... We do all the work! Each 90 minute party includes an exciting martial arts lesson with lots of fun games and drills!



If you are not getting our monthly newsletter please email me at [contactstevens@aol.com](mailto:contactstevens@aol.com) it's important info like school events and weather closings.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 4th Holiday <b>Closed</b> July 4th No summer bash July 1st		<b>BASIC</b> 4:00-4:30pm <b>BASIC BBC</b> 4:30-4:45pm	<b>BASIC</b> 4:00-4:30pm <b>BASIC BBC</b> 4:30-4:45pm	<b>BASIC</b> 4:00-4:30pm <b>BASIC BBC</b> 4:30-4:45pm	<b>BASIC</b> 4:00-4:30pm <b>BASIC BBC</b> 4:30-4:45pm	<b>BASIC</b> 9:00-9:45am Kids Brazilian Jiu-Jitsu
	4:45-5:30pm Intermediate Advanced	5:15-6:00pm Intermediate	4:45pm-5:15pm Lil Dragons	4:45-5:30pm Intermediate Advanced	4:45-5:30pm Intermediate Advanced	10:00-10:30am <b>BASIC BBC</b> 10:30-10:45am
	6:00-6:15pm <b>BASIC</b> 5:30-6:00pm <b>BASIC BBC</b>	6:00-6:45pm Advanced	6:45 - 7:30PM <b>Leadership</b> <b>Staff Training</b>	6:15-7:00pm Intermediate Advanced	6:15-7:00pm Intermediate Advanced	10:45-11:30AM Intermediate
	6:15-7:00pm Intermediate Advanced	6:45 - 7:30PM <b>Leadership</b> <b>Staff Training</b>	6:45 - 7:30PM <b>Leadership</b> <b>Staff Training</b>	6:15-7:00pm Intermediate Advanced	6:15-7:00pm Intermediate Advanced	11:30-12:15pm Advanced
	7:15-8:15pm Brazilian Jiu-Jitsu <b>JIU-JITSU</b>	7:15-8:15pm Brazilian Jiu-Jitsu <b>JIU-JITSU</b>	7:15-8:15pm Brazilian Jiu-Jitsu <b>JIU-JITSU</b>	7:15-8:15pm Brazilian Jiu-Jitsu <b>JIU-JITSU</b>	7:15-8:15pm Brazilian Jiu-Jitsu <b>JIU-JITSU</b>	12:15-12:45 Little Dragons Brazilian JiuJitsu <b>JIU-JITSU</b> 7AM

Lil Dragons ages 3.5 to 5yrs When they turn 5 they move to Basic class

Basic - ages 5 and up White, H white, Yellow Belts

Intermediate - Yellow-H Yellow-Orange, HOrange, Blue, HBlue

Advanced-HBlue, Green, HGreen, Red, HRed, Brown, H Brown, Black

Kids Brazilian Jiu-Jitsu is for ages 9yrs and up

Each month we study and explain the importance of these concepts and how we can add them to our daily lives.

**Life Skills**  
Discipline, Communication, Belief, Honesty, Respect, Self-Esteem