

CLASS	MONDAY (FULL UNIFORM)	TUESDAY (FULL UNIFORM)	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHILD DEVELOPMENT</b>						
MINI (18-36M)		11am-11:30am		11am-11:30am		
TINY TIGERS (3-4)	3:30pm-4pm	5pm-5:30pm	3:30pm-4pm	5pm-5:30pm		9am-9:30am
LITTLE NINJAS Beg. (5-6)	5pm-5:30pm	5:30pm-6pm	3:30pm-4pm	5:30pm-6pm		9am-9:30am
LITTLE NINJAS Adv. (5-6)	5:30pm-6pm	5:30pm-6pm	3:30pm-4pm	5:30pm-6pm		9am-9:30am
<b>JUNIOR MARTIAL ARTS (Ages 7-12)</b>						
Trad TKD Beginners	4pm-4:45pm 6pm-6:45pm	12noon-1pm		12noon-1pm 4pm-4:45pm		10am-10:45am
Trad TKD Intermediate	4pm-4:45pm 6PM-6:45PM	12noon-1pm		12noon-1pm 6pm-6:45pm		10am-10:45am
Trad TKD Advanced & BB	5pm-5:45pm 7pm-7:45pm	12noon-1pm		12noon-1pm 6pm-6:45pm		10am-10:45am
Sport Karate Beginner		4pm-4:45pm 6pm-6:45pm		6pm-6:45pm		11am-11:45am
Sport Karate Intermediate		4pm-4:45pm 6pm-6:45pm		4pm-4:45pm		11am-11:45am
Sport Karate Advanced		4pm-4:45pm 6pm-6:45pm		4pm-4:45pm		11am-11:45am
<b>TEEN &amp; ADULT MARTIAL ARTS (13+)</b>						
Trad TKD (Beg-BB)		12noon-1pm 7pm-8pm		12noon-1pm 7pm-8pm		10am-10:45am
<b>ADD-ON CLASSES</b>						
Combat Fitness	7pm-7:45pm		6pm-7pm			
Open Mat		3:30pm-4pm	5pm-6pm			
Speed Weapons		7pm-8pm		5pm-5:45pm	4:30pm-5:30pm	
Power Weapons		7pm-8pm		5pm-5:45pm	4:30pm-5:30pm	
Sparring					5:30pm-7pm	
Hyper Pro	COMING SUMMER 2024					
Leadership	3:30pm-3:45pm	3:30pm-3:45pm 5:30pm-6pm		3:30pm-3:45pm		
Team Impact & Impact Demo Team			4pm-7pm			

## CLASS DESCRIPTIONS

### ***Mini Skillz (18-36 months Parent & Me Class)***

During 18 to 36 months of age, children's skill development moves very fast. Their brains are growing rapidly, language is blooming, and motor skills are advancing. At the same time, thinking becomes more developed, and their social and emotional skills enable them to interact with more people. With that said, this is the ideal age to begin participation in structured group activities, such as Mini SKILLZ. We've done extensive research on the stages of development for children this age, and from that information have built a fun and exciting program that is just right for both the child and their guardian.

### ***Tiny Tigers (3-4 Years old)***

In the Tiny Tigers Program, each child will experience training that targets the 8 "early" skills that they are all currently developing. These skills include: kicking, punching, blocking, crawling, hopping, rolling, running, and catching. Each skill has been broken down into age-specific exercises, games, activities, and drills that compliment their stage of development.

### ***Little Ninjas (5-6 Years old)***

Children between the ages 5 and 6 are now building more fundamental skills. Those basic skills are: focus, teamwork, control, memory, balance, discipline, fitness, and coordination. Because the average child within this age group does not yet have proper development of these skills, they tend to struggle in traditional Martial Arts training. That's why we have them separated from older children and provide them with their own curriculum that targets their stage of development.

### ***Junior Programs: (7-12 Years old)***

Our Junior Martial Arts classes are centered on teaching your child focus and discipline, which are ingredients for success. Children who study martial arts do better in school, are more social, and are focused on having and achieving goals.

**TRADITIONAL TAEKWONDO**—Korean Martial Art that is known for its devastating kicking skills. It is a dynamic martial art that incorporates blocks, open hand strikes, punches, and kicks. Making it one of the most practical means of self-defense.

**SPORT KARATE**—Powerful martial arts classes combined advanced plyometrics, cross training, stretches, high level kicks, acrobatics, tricking, extreme martial arts kicks, and competitive forms.

### ***Teen and Adult Martial Arts***

Practicing martial arts helps you feel safe and confident in today's society and provides an excellent way to manage stress get in shape and feel great. Martial Arts helps you live your best life by offering you valuable success and life skills such as confidence, discipline, and life balance. Our Teen and Adult classes are filled with Traditional Self-Defense, Mental Self-Defense, Kickboxing drills and Combat Fighting all while getting a good sweat and having fun.

**Combat Fitness** - Classes mix a fusion of martial arts sparring combinations, self defense techniques and drills, plyometrics, combat sprints, sparring games, and music. Participants should expect to burn calories, tone muscles, strengthen your cardio and fill your spirit while having fun learning self defense, hitting pads, sparring and training with friends.

**Open Mat** - The training mat is open for those wanting to get extra practice in on their own, in a group, or with an instructor.

**Competition Weapons** - Learn basic to advanced weapon techniques and forms that you have seen some of your favorite Ninja Turtles use! Speed Weapon = Chux and Kamas / Power Weapons = Bo and Sword.

**Sparring** - Although Sparring strategies and sessions will be in regular Traditional TKD and Sport Karate Classes, this extra class is to get advanced sparring strategies and spar with others outside of your class and visiting athletes. Sparring is the closest thing to a real life situation; learning footwork, defense, and attacking techniques in a control environment.

**Leadership** - At Impact we believe in giving the next generation of leaders the tools to be successful; on or off the mat. Participants learn to

**Hyper Pro** - Train with World Champions while following a group class on the television.