

## LESSON SCHEDULE



RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
TIGER CUBS (4-5) ALL RANKS	4:00-4:25PM	NO CLASS	4:00-4:25PM	NO CLASS	4:00-4:25PM	NO CLASS	
JUNIORS (6-11) WHITE/YELLOW	4:30-5:15PM	5:30-6:15PM	4:30-5:15PM	5:30-6:15PM	4:30-5:10PM	NO CLASS	
JUNIORS (6-11) GREEN/BLUE	5:30-6:15PM	4:30-5:15PM	5:30-6:15PM	4:30-5:15PM	5:15-5:55PM	NO CLASS	
JUNIORS (6-11) BROWN/RED/BLACK	5:30-6:15PM	4:30-5:15PM	5:30-6:15PM	4:30-5:15PM	5:15-5:55PM	NO CLASS	
YOUTH / ADULTS ALL RANKS	6:30-7:15PM	6:30-7:15PM	6:30-7:15PM	6:30-7:15PM	6:00-6:45PM	NO CLASS	
Instructor training	HONORS	HONORS (6-10 YEARS) · LEADERSHIP (11-15 YEARS) 1ST THURSDAY ( ADULTS (16+ YEARS) 7:15PM 7					
BLACK BELT TRAINING / EVENT TRAINING	to be announced						
BRAZILIAN JIU-JITSU		to be announced					
DEMO TEAM		TO BE ANNOUNCED					

STUDENTS SHOULD ARRIVE 5 TO 10 MINUTES EARLY FOR EACH CLASS. LATE STUDENTS RECIEVE NO LESSON CREDIT.

## MINIMUM CLASSES TO TAKE TO QUALIFY FOR BELT TESTING

TIGER CUBS

WHITE - RED

BLACK BELTS

10

12

14

Students must test to earn new rank!

## **Formula For Success!**

- + ATTEND CLASS 2-3 TIMES A WEEK
- + ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
- + ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE
- = SUCCESS!

## **PRIVATE LESSONS**

Available by appointment only. See instructor(s) for details.

922 HIGHWAY 35 BUSINESS SOUTH, SUITE A ROCKPORT, TX 78382 (361) 450-0425