

360 Martial Arts Academy

8745 Technology Way, Suite A, Reno NV 89521

775-853-2991

Kids Class Schedule							
	Mon	Tues	Wed	Thurs	Fri	Sat	
Kids Martial Art Classes (4 - 12yrs)							
Lil' Ninjas 4 yrs	5:30 PM	4:00 PM	5:30 PM	4:00 PM		10:30 AM	
Lil' Dragons 5-6yrs	5:30 PM	4:00 PM	5:30 PM	4:00 PM		10:30 AM	
Dragons 7-8yrs	5:30 PM	4:00 PM	5:30 PM	4:00 PM		10:30 AM	
Beg Kids Wh-Or-Gd 9 - 12yrs	4:00 PM		4:00 PM		4:00pm	11:15 AM	
Int Kids Gn-Pur-Bl 9 -12yrs	4:45 PM		4:45 PM		4:45pm Sparring	11:15 AM	
Adv Kids Brn-Red 9 - 12yrs		4:45 PM		4:45 PM	4:45pm Sparring		
Kids Brazilian Jiu Jitsu Classes (7- 12yrs)							
All Levels		5:15 PM		515 PM			

Martial Arts - Mixed martial art program combining Muay Thai Kickboxing, Tae Kwon Do, Eskrima/Kali (Filipino stick fighting) and Brazilian Jiu Jitsu (ground defense). This program is 90% science (practical technique) and 10% being an education in the traditional art. Through repetition we plan to develop the skill needed to eliminate the fear that can cause conflict. The goals for our kids program are to improve respect, concentration, self discipline, confidence and physical fitness. Classes are a guaranteed sweat!

Brazilian Jiu Jitsu - BJJ is the leading art in ground self defense and is combat sport that focuses on grappling but especially ground fighting. It promotes the principle that a smaller, weaker person can successfully defend themselves against a bigger, stronger assailant using leverage and proper technique; most notably, by applying joint-locks and chokeholds to defeat them. The goals for our kids program are to improve respect, concentration, self discipline, confidence and physical fitness.