

# 360 Martial Arts Academy

8745 Technology Way, Suite A, Reno NV 89521

775-853-2991

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

# 360 Martial Arts Academy

8745 Technology Way, Suite A, Reno NV 89521

775-853-2991

<b>Adult Class Schedule</b>						
	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Martial Arts</b> Teen 13-15 / Adult 16 & up						
<b>Daytime</b> All Levels 16 & up		12 Noon All Levels		12 Noon All Levels		
<b>Adult – 16 &amp; up</b> all Levels		5:30 pm		5:30 pm		11:15 AM
<b>Teen/ Adult Beg</b> Wh-Or-Gd	7:00 PM		7:00 PM			11:15 AM
<b>Teen / Adult Int</b> Gn-Pr-BI	7:00 PM		7:00 PM		5:30pm Sparring	11:15 AM
<b>Teen /Adult Adv</b> Brn - Red	7:00 PM		7:00 PM		5:30pm Sparring	11:15 am
<b>Black Belt</b>	6:15 PM		6:15 PM		5:30pm Sparring	11:15 AM
<b>Teen /Adult Brazilian Jiu Jitsu (13 &amp; up)</b>						
<b>All Levels</b>		6:30 PM		6:30 PM		
<b>Eskrima / Kali (13 and up)</b>						
<b>All Levels</b>	6:30 PM	6:30 PM		6:30 PM		

**Kali/Eskrima** -Commonly known as Filipino Stick and knife fighting, is a sophisticated and comprehensive Philippine martial arts system, employing Weaponry and Empty hand/kicking techniques, drills, and forms. The program is based on 12 angles which utilizes many counters and situational defenses against these 12 angles. This program is 90 % science (practical combat applications), and 10% educational/historical. In the early stages training begins with two weapons, either a pair of sticks or a stick and a training knife.

**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!