



Changing Lives

MARTIAL ARTS

Course Progression Stages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Protech				
TKD Uniform of the Day *Summer Uniform Memorial Day-Labor Day*		All: White Dobok*	All: White, Red, Blue, or Black Dobok	All: White Dobok*	All: White Dobok* Demo: Black Dobok	All: White Dobok	
Beginner The CLMA & KM Beginner course is the perfect place for new students to start on the Basics!							
CLMA & KM Beginners (BC) train 1-2 x 's a week on the basic concepts of martial arts training in 30 minute training sessions							
Tiny Tigers		5:15-5:45		5:15-5:45		9:45-10:15	
Karate For Kids		5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15	10:15-10:45	
Martial Arts For Adults		7:00-7:30		7:15-7:45		9:00-9:30	
Krav Maga		7:45-8:15		8:00-8:30		9:00-9:30	
Leadership Course Leadership students learn the fundamentals of leadership training as a CL MA or KM Coach							
The CLMA Leadership Course (LC) allows students to train in an Intermediate level while learning life long leadership skills							
Tiny Tigers		5:15-5:45	6:15-6:45	5:15-5:45		9:45-10:15	
Karate For Kids		6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	10:15-11:00	
Martial Arts For Adults		7:00-7:45	6:15-7:00	7:15-8:00		9:00-9:45	
Krav Maga		7:45-8:30		8:00-8:45		9:00-9:45	
LEGACY Member Our LEGACY students are TOP NOTCH students with Advanced Training skills sets							
Our LEGACY Member (LM) is our #1 Program with 70% of our student base training in the Nationally recognized unlimited classes. Available Legacy training dates and times at any one of the CL KM & KM schools is real bonus in the LM							
Tiny Tigers		5:15-5:45	6:15-6:45	5:15-5:45		9:45-10:15	
Karate For Kids		6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	10:15-11:00	
Martial Arts For Adults		7:00-7:45	6:15-7:00	7:15-8:00		9:00-9:45	
Krav Maga		7:45-8:30		8:00-8:45		9:00-9:45	
CIT & PIC Training CLMA & KM Instructors train in multiple aspects of operations, business and instructing							
Professional Instructor Course (PIC) and the CIT- Certified Instructor Trainee program is for those seeking to develop a strong foundation as a martial arts mentor, instructor or CL MA & KM Team Member							
MA Teens & Adults					7:45-8:30	1:15-1:45	
KM Teens & Adults							
Specialty Training The CLMA & KM Specialty Training is for LEGACY Members that have the desire to excel <i>By Invitation Only</i>							
Its more then kicking and punching its character developmental skills and specialty training that enhances our students							
CLMA Extreme Team-XMA							
Demo Team					7:00-7:45	12:15-1:15	
Coach & Instructor Training						11:00-11:45	
Blackbelt Only Training			7:00-7:45			11:45-12:15	
Karate For Kids Birthday Parties Kids Love the CLMA Karate Birthday Parties! Book YOUR Childs Birthday Party at CLMA For scheduling please see your instructor or atakick.com/martial-arts-birthday-parties/							
CLMA Karate Kids Birthday Parties rock! Well energized with an itinerary that children and parents simply love							
Private Lessons & Testing's Private Lessons are offered based on availabilities.							
From children to adults we have a unique personal training concept that works wonders for our students. Whether one just needs a little extra push, or maybe help get them focused in school or a professional that just doesn't have the time -we have a perfect schedule that will work for you.							