

(937) 254-7035

1753 Woodman Drive  
Kettering, Ohio 45420



**TAMA Martial Arts**  
**SCHEDULE OF GROUP CLASSES**  
Effective: January 1, 2012

**NEW** Students may **JOIN** at any time.  
Try a **FREE** Private Lesson.

CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Kenpo Karate Jiu-Jitsu</b>	<b>Adults / Juniors / Children</b>						9:30 – 10:00 am Requirements White – Orange Belts	
						4:30 – 5:00 pm <b>Forms</b> White Belts Only	10:00 – 10:30 am Requirements Purple – Blue Belts	
			5:00 – 5:45 pm <b>Weapons</b> Blue – Brown Belts	5:00 – 5:45 pm <b>Requirements</b> Jr. Blue – Black Belts			5:00 – 5:30 pm <b>Weapons</b> Orange – Purple Belts	10:30 – 11:00 am Requirements Green – Red Belts
		5:00 – 5:45 pm <b>Children</b> (7-12 yrs) White – Green Belts	5:45 – 6:30 pm <b>Children</b> (7-12 yrs) White – Red Belts		5:30 – 6:30 pm Children BJJ Grappling (7-13 yrs)	5:30 – 6:00 pm White – Gold Belts Orange – Purple Belts		11:00 – 11:30 am Requirements Brown Belts
		6:30 – 7:30 pm Adult/Junior	6:30 – 7:30 pm <b>Family Class</b> Children & Parents	6:30 – 7:30 pm Adult/Junior	6:30 – 7:30 pm <b>Family Class</b> Children & Parents	6:00 – 6:45 pm <b>Sparring</b> Gear Mandatory Adult & Children		11:30 am – 12:00 Requirements Black Belts
		7:30 – 8:00 pm <b>Requirements</b> Brown Belts		7:30 – 8:00 pm <b>Requirements</b> Black Belts		6:50 – 7:30 pm <b>Requirements</b> White – Red Belts		12:00 – 1:00 pm <b>Sparring</b> Children 12:00 – 12:30
		<b>Mighty Mites (4 – 6 yrs)</b>						
	<b>Mighty Mites</b>	5:45 – 6:30pm		5:45 – 6:30 pm			6:00 – 6:30 pm <b>Sparring</b> Gear Mandatory	12:00 – 12:30 pm <b>Requirements</b> All Mighty Mites
						6:50 – 7:30 pm <b>Requirements</b>		
	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Muay Thai</b> Kickboxing & MMA		10:00 – 11:30 am		10:00 – 11:30 am		11:30 – 1:00 pm Adult/Junior		
	6:30 – 8:00 pm Muay Thai / MMA	7:30 – 9:00 pm Adult/Junior	6:30 – 8:00 pm Muay Thai / MMA	7:30 – 9:00 pm Adult/Junior	6:00 – 7:00 pm <b>Sparring</b> Gear Mandatory			
<b>Boxing</b>		5:30 – 6:45 pm		5:30 – 6:45 pm				
<b>Brazilian Jiu-Jitsu</b>		6:30 – 8:00 pm Brazilian Jiu-Jitsu		6:30 – 8:00 pm Brazilian Jiu-Jitsu	6:00 – 7:00 pm Open Mat Grappling	10:30 am - 12 pm Brazilian Jiu-Jitsu		
LASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>Filipino Kali</b> JKD Eskrima		6:30 – 8:00 pm		6:30 – 8:00 pm				
<b>Tai Chi Chuan</b>		7:30 – 8:30 pm	11:30 am – 12:30	7:30 – 8:30 pm	7:30 – 8:30 pm Advance Instructors Only	9:00 – 10:30 am		
<b>Aikijutsu/Aikido</b> ISD Self Defense	7:30 – 9:00 pm		7:30 – 9:00 pm			12:30 – 2:00 pm		
<b>Kung Fu</b> Tien Shan Pai	7:35 – 9:00 pm		7:35 – 9:00 pm			10:30 am – 12:00		