



Ten Student Commitments

1. I will, be loyal to my country
2. I will, honor my parents
3. I will, be loving with my family
4. I will, cooperate with my brothers and sisters
5. I will, be faithful to my friends
6. I will, respect my elders and care for my juniors
7. I will, establish trust with my teachers
8. I will, use good judgment before killing living things
9. I will, never retreat in battle
10. I will, always finish what I start

	White Belt to H. Yellow Belt
	Green Belt & Above
	Blue Belt & Above
	All Belts
	Private Instruction

The Martial Way

現代武士道

Training Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Cane Defense
					8:00 - 9:00
					1st Saturday of the Month \$5 Community
Tiny Warriors 4 - 7 yrs White - H. Yellow 4:30 - 5:00	Tiny Warriors 4 - 7 yrs White - H. Yellow 4:30 - 5:00	Tiny Warriors 4 - 7 yrs White - H. Yellow 4:30 - 5:00	Tiny Warriors 4 - 7 yrs White - H. Yellow 4:30 - 5:00	Demo Team Blue Belt & Higher Invites Only 4:00 - 5:00	
Children 8 - 15 yrs All Belt 5:00 - 5:45	Children 8 - 15 yrs All Belt 5:00 - 5:45	Children 8 - 15 yrs All Belt 5:00 - 5:45	Children 8 - 15 yrs All Belt 5:00 - 5:45	Family 9 & Above All Belt 5:00 - 6:00	10:00 - 11:00
Family 9 & Above All Belt 5:45 - 6:30	Family 9 & Above All Belt 5:45 - 6:30	Family 9 & Above All Belt 5:45 - 6:30	Family 9 & Above All Belt 5:45 - 6:30		All Belts 6 - Above Review Day 11:00 - 11:50
Combat Hapkido	Modern MooSaDo	Combat Hapkido	Modern MooSaDo		Black Belt Club
					12:00 - 1:30
6:30 - 7:30	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30		TEAM Premier and invites only!
	Brazilian Jiu-Jitsu 		Brazilian Jiu-Jitsu 		2:00 - 5:00
	7:30 - 9:00		7:30 - 9:00		



For Best Results

- Try to attend two classes a week minimum.
- Students must arrive 10 minutes before the start of class.
- Let the school know if you will be missing more than one week of class.
- Repeat all requirements as many times as possible.
- Be generous with others and strict with yourself.
- You are competing against yourself and not against others.
- If you have any problems and would like extra help, do not hesitate to consult with an instructor.

PRIVATE INSTRUCTION

The Martial Way also offers Private lessons with CERTIFIED and qualified Instructors for all students. If you need that extra help, let us know!

Please ask for pricing and availability!
-Grand Master Bell

Flagstaff, AZ
928.774.2597
themartialway.com

Effective: 9/19/2011

	Black Belt Club Members Class
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	Team Megaton Gracie Jiu-Jitsu BJJ
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	Hapkido - Moo Sa Kwan Reality Based Self Defense MMSD
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	1st Saturday of the Month \$5 Self Defense Class Open to the Community
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	Cane Defense Class Ideal for Seniors
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