MARTIAL ARTS/
SELF DEFENSE SCHEDULE

Effective - January 4, 2016

Tae Kwon Do ~ Eskrima ~ Jujitsu ~ Mighty Ninjas ~ Tai Chi

Oneida Family Fitness
2640 West Point Road
Green Bay, WI 54304
Ph (920) 490-3730
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Martial Art Pricing	
Intro to TKD, Eskrima, JuJitsu and Mighty Ninja's	**$30** ($60 non-member)
3 month	**$60** ($120 non-member)
6 month	**$110** ($210 non-member)
12 month	**$180** ($350 non-member)

Tai Chi Pricing	
8 wk Intro Session	**$25** ($50 non-member)
3 month	**$35** ($75 non-member)
6 month	**$70** ($125 non-member)
12 month	**$125** ($225 non-member)

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi 11:10am to 11:50am Studio B	9am—10am Eskrima Studio B		9am—10am Eskrima Studio B	
	10am—11:15am Jujitsu Studio A		10am—11:15am Jujitsu Studio A	
5pm—5:45 Intro to Tae Kwon Do Ages 6 and up Studio B		5:00 - 5:45 pm Tai Chi Studio B	5:00-5:30 pm Mighty Ninja's Ages 4 and 5 Studio B	
6pm—7pm Tae Kwon Do **All Belts** Studio A		6pm—7pm Eskrima Studio A	6pm—7pm Tae Kwon Do **All Belts** Studio A	
7pm—8pm Eskrima/Ju Jitsu Rotating Studio A		7pm—8pm Jujitsu Studio A		

TAE KWON DO CLASS

The Tae Kwon Do class is a great physical exercise and a way an individual can develop self confidence, self discipline and respect for others. Tae Kwon Do uses hand and feet techniques in methods of self defense. This class teaches youth leadership skills, life skills, and to focus.
This class is for men, women, and children, ages 6 and up. It can be a great family activity.

ESKRIMA CLASS

This class is very exciting for those people interested in studying weapons and weapon defense techniques. The class provides the student with fundamental concepts and utilization of double sticks, single stick, hand to hand, and knife disarms are taught. An introduction into different styles of Eskrima are presented so that the student can get a better idea of the different opportunities he or she can explore.
This class is for ages 12 and up.

JU JITSU CLASS

This class is a physically demanding class which takes place on the mat. Its grappling techniques are the ultimate in self defense. The class is taught throwing and falling techniques . The class also covers submission holds and locks and counters to submission holds and locks. This class is for ages 12 and up.

MIGHTY NINJA CLASS

This class is for ages 4 and 5 only. This program gives the young student the opportunity to experience the benefits of Tae Kwon Do in an age appropriate format. The student will be taught socialization skills, listening skills, and methods on how to work with others in their age group. This class will guide and prepare the young student for traditional Tae Kwon do curriculum in the future.

Tai Chi

This class explores the ancient Chinese martial exercise, Tai Chi. This style focuses on slow, deliberate movements with precise breath control . Tai Chi develops flexibility, muscular strength, and releases stress. Chinese Qi-gong techniques which build energy and heal the body are also taught as part of the class.

INSTRUCTORS:

Master Kevin Schoenebeck: *7th Degree Black Belt in Tae Kwon Do with over 37 years experience. Masirib Guro in Inayan Eskrima: Sinawalis/Dequardas, Serrada, Larga Mano, Kadena De Mano. He holds a Sensei title in Danzan Ryu Ju Jitsu. And is a Certified instructor in Yang Style Tai Chi. To contact Mr. Schoenebeck directly (920)490-3804*