

MARTIAL ARTS SCHEDULE



Monday	Tuesday	Wednesday	Thursday
11:00 AM-11:40 AM TAI CHI <i>(8 max)</i>			11:00 AM-11:40 AM TAI CHI <i>(8 max)</i>
		1:00 PM-2:00 PM JU JITSU <i>(8 max)</i>	
5:00 PM -5:30 PM MIGHTY NINJAS <i>AGES 4-5 yrs old</i> <i>(6 max)</i>		5:00 PM -5:45 PM TAE KWON DO <i>AGES 6 yrs old +</i> <i>(10 max)</i>	

****MUST BE REGISTERED TO ATTEND MARTIAL ARTS CLASSES.****

***3 No Call/No Shows per month will result in revocation of future class attendance.**

Tai Chi / Ju Jitsu / Tae Kwon Do:
 6 month membership - \$60

Mighty Ninjas — Limit 6 per session:
 6 week session—\$20



Register attendance at
www.oneida-nsn.gov/resources/fitness
 OR Call 920-490-3730

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.

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.

MARTIAL ART PROGRAM GUIDELINES

- ◆ Martial Art programming available to Oneida Enrolled Members and Oneida Employees only.
- ◆ Martial Arts participants ages 4-17 must be accompanied by a parent/guardian.
- ◆ Mighty Ninja participants —Parent/guardian must remain in class at all times.
- ◆ NO WALK INS for Martial Arts classes. Must be enrolled in martial arts program in order to attend classes. Limited capacity; must use Booking System to register for class.
- ◆ Classes are subject to cancellation due to instructor availability.