MARTIAL ARTS SCHEDULE

EFFECTIVE NOVEMBER 2, 2026

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TAI CHI AGES 13+	11:00 AM - 11:40AM			11:00 AM - 11:40AM
ESKRIMA AGES 13+		10:00 AM - 11:00AM		
JU JITSU AGES 13+	12:00 PM - 1:00 PM		12:00 PM - 1:00 PM	
TAE KWON DO AGES 6+	5:00 PM - 5:45 PM			6:00 PM - 6:45 PM

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

*Beginner Tae Kwon Do & Mighty Ninjas:
* Contact our Membership Desk for sessions dates
6-week session - $20

QUESTIONS?

920-490-3730 | www.oneida-nsn.gov/programs/#Martial-Afts | kschoene@oneidanation.org

MARTIAL ART CLASS DESCRIPTIONS

TAI CHI

This class is for ages 13 and older, 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.

ESKRIMA

This class is very exciting for those people interested in studying weapons and weapons 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 opportunties he or she can explore.
Ths class is for ages 13 and older.

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 13 and older.

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 older.

MARTIAL ART PROGRAM GUIDELINES

- Martial Art programming available to Oneida Family Fitness members (Oneida Enrolled, Oneida Descendants, Other Tribal Affiliation, and Oneida Employee only).
- Martial Art participants ages 4 - 12 must be accompanied by a parent/guardian.
- Mighty Ninja partcipants - Parent/guardian must remain in class at all times.
- NO WALK-INS for Martial Art classes. Must be enrolled in martial art program in order to attend classes.
- Classes are subject to cancellation due to instructor availability.