

ARVADA
CLASS SCHEDULE

SEO'S MARTIAL ARTS

6490 Wadsworth Blvd - Arvada, CO 80003
Phone (303) 431-2200 - Fax (303) 431-2308



Classes are open to children and adults unless otherwise specified.

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belt (Adult)	10:00		10:00			
Little Dragons	4:15 (Combinations)	6:15 (Combinations)	4:15 (Combinations)	6:15 (Tumbling)	4:15 (Kicking)	10:30 (Kicking)
White - Orange Belt (Children & Adult)	4:00	4:00	4:00	4:00	4:00	10:30
Beginners - Orange Belt (Children & Adult)	5:30	6:15	5:30	6:15	5:30	10:30
White - High Red Belt (Adult)	7:45	5:30	7:45	5:30	7:00	
Green - Purple Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	10:30
Green - High Red Belt (Children & Adult)	4:00	4:00		4:00	4:00	
Blue - High Blue Belt (Children & Adult)	4:45	4:45	7:00	4:45	6:15	11:15
Red - High Red Belt (Children & Adult)	7:00	5:30	6:15	5:30	4:45	11:15
Low Brown - Conditional Black Belt (Children & Adult)	4:45	4:45 / 7:00	4:45	4:45 / 7:00	6:15	11:15
1st Degree - Conditional 2nd Degree Black Belt (Children & Adult)		7:00	6:15	7:45	4:45	9:00 - 10:15
2nd Degree Black Belt & Up (Children & Adult)		7:45	6:15	7:45	4:45	9:00 - 10:15
Brown - Black Belt Self Defense Class & One Step			7:00			
1st Degree Black Belt & Up	7:00 (Forms)					
Brown - Black Belt Sparring Class (Children & Adult)	6:15 (Sparring)					
Master Club Classes	6:15 Demo (Level 1)		4:45 (Sparring) Children		7:00 Demo (Level 2)	12:15 (Sparring) Children/Adult
Master Club Weapons			4:00 (Nunchaku)			11:15 (Escrima Sticks)

PLEASE ARRIVE 15 MINUTES PRIOR TO CLASS STARTING TIME

Students are expected to:

1. Pull attendance card prior to class.
2. Place shoes and jackets neatly in cubicles.
3. Attend class two times per week.
4. Show respect for instructors and fellow students.
5. Display Black Belt attitude and commitment.
6. Be responsible and bring sparring gear and weapons everyday.
7. Maintain high performance in school work.
8. Keep uniform clean and pressed.
9. Attend all intramural tournaments.
10. Participate in Book Club & Self Discipline programs.
11. Do not wear jewelry.
12. Have at least one parent present during class.