

# VICTORY MARTIAL ARTS ACADEMY

Ruskin Dojo

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Kata &amp; Defenses</b>	<b>Kata &amp; Defenses</b>	<b>Electives</b>	<b>Electives</b>	<b>Various</b>
2:00pm-5:00pm After School Martial Arts Striking	2:00pm-5:00pm After School Martial Arts Self Defense	2:00pm-5:00pm After School Martial Arts Kata	2:00pm-5:00pm After School Martial Arts Electives	2:00pm-5:00pm After School Martial Arts Fun Friday
5:00pm - 5:30pm Lil' Dragons - Karate Ages 3-6	5:00pm - 5:30pm Lil' Dragons - Karate Ages 3-6	5:00pm - 5:30pm Lil' Dragons - Karate Ages 3-6	5:00pm - 5:30pm Lil' Dragons - Karate Ages 3-6	5:00PM-5:45PM PARKOUR PLUS After School & Evenings
5:30pm - 5:45pm Lil' Dragons - Specialty Ages 3-6	5:30pm - 5:45pm Lil' Dragons - Specialty Ages 3-6	5:30pm - 5:45pm Lil' Dragons - Specialty Ages 3-6	5:30pm - 5:45pm Lil' Dragons - Specialty Ages 3-6	5:45PM-6:30PM PARKOUR - BASICS
6:00pm - 6:45pm White, Yellow & Orange Belts Freestyle Tai-Jitsu	6:00pm - 6:45pm All Ages / All ranks Freestyle Tai-Jitsu	6:00pm - 6:45pm White, Yellow & Orange Belts Freestyle Tai-Jitsu	6:00pm - 6:45pm All Ages / All ranks Freestyle Tai-Jitsu	6:30PM-7:00PM PARKOUR - ADVANCED
6:45pm - 7:15pm All Ages / All ranks Freestyle Tai-Jitsu	6:45-7:15pm SPECIALTY WEAPONS Class Changes	6:45pm - 7:15pm All Ages / All ranks Freestyle Tai-Jitsu	6:45-7:15pm GRAPPLING Improve Your Ground Game	7:00PM-10:00PM SPECIAL EVENTS
7:15-7:45pm ESCRIMA Doce Pares	7:15-8:00pm Adults & Advanced Freestyle Tai-Jitsu	7:15-7:45pm JAPANESE SWORD IAIDO	7:15-8:00pm Adults & Advanced Freestyle Tai-Jitsu	TEST NIGHT PRIVATE LESSONS SEMINARS & EVENTS

**ZOOM On Line Training - Please see office for schedule**

**At home, traveling or on vacation - ALL classes are available via ZOOM.**



The class schedule is a guideline only, If you wish to come to a different class please see Sensei Jordan for re-scheduling.

Adult classes are for those students aged 16 and up.

Beginner students - White, Yellow & Orange Belts, Intermediate Students - Green, Blue & Purple Belts

Advanced Students - Red, Brown, Brown Senior and Black Belts

Private Classes may be purchased for an additional fee. Please see the office for pricing and bookings.

