



Martial Arts Class Schedule

Meets All Year Round

Updated 5/3/2014

	Daytime Classes				Evening Classes			
MON	10:30-12:00		4:30-5:15	5:15-6:00	6:00-6:45	6:45-7:30	7:30-8:30	8:30-10:00
	Tai Chi		Little Tigers	Child White Belt	Child Yellow Belt	Child Green & Above	TKD Adult All Ranks	Judo 13 yrs and up
TUE	9:30-10:15	10:30-12:00	4:30-5:15	5:15-6:00	6:00-7:30	7:30-8:00		8:00-9:30
	Little Tigers	TKD Adult & Open Mat	Child White & Yellow Belt	Child Green & Above	TKD Black Belt	Black Belt Open Mat		Aikido Self Defense
WED	10:30-12:00		4:30-5:15	5:15-6:00	6:00-6:45	6:45-7:30	7:30-8:30	8:30-10:00
	Tai Chi		Little Tigers	Child White Belt	Child Yellow Belt	Child Green & Above	TKD Adult All Ranks	Judo 13 yrs and up
THU	9:30-10:15	10:30-12:00	4:30-5:15	5:15-6:00	6:00-6:45	6:45-7:45	7:00-8:30	8:00-9:30
	Little Tigers	TKD Adult & Open Mat	Child White Belt	Child Yellow Belt	Child Green & Above	TKD Adult All Ranks	Tai Chi @ 7:00 Fan Form @ 7:45 (Dance room)	Aikido Self Defense
FRI	9:30-10:30	10:30-11:00	4:30-5:15	5:15-6:00	6:00-6:45	6:45-8:00		8:00-9:30
	TKD Adult	TKD Open Mat	Little Tigers	Child White Belt	Child Yellow Belt	Child Green & Above, TKD Adult All Ranks		Aikido Self Defense
SAT	8:30-10:00	8:30-9:30	10:00-10:45	10:45-11:30	11:30-12:15	12:15-1:00	1:00-2:00	2:00-2:30
	Aikido Self Defense	Tai Chi	Little Tigers	Child White Belt	Child Yellow Belt	Child Green & above	TKD Adult All Ranks	Open Mat
SUN		10-11:30						
	Aikido Self Defense Weapons	Judo 13yrs and up						

All classes held in Martial Arts Studio unless otherwise noted.

Tae Kwon Do Little Tigers: Ages 5 and 6

Tae Kwon Do White Up: Child classes Ages 7 -12 year: Adult classes 13 and older

Tai Chi and Judo 13 years and older

Aikido 16 years and older



Fitness Sports Family Wellness Community

Tae Kwon Do (mixed martial arts)

At HealthQuest, our mission is to strive towards the total development of the individual into a well-rounded and responsible person. The curriculum will help the student learn to balance physical challenges, mental stress, and emotional conflict. We do this through teaching and reinforcing the principles of respect, courtesy, integrity, perseverance, self-control, patience, and humility.

A positive character, confident personality, and high moral standards will be developed through the martial arts training. We encourage our students to incorporate these values into their everyday lives.

HealthQuest Martial Arts has chosen a unique and refreshing approach to Martial Arts instruction. The core of our style is Tae Kwon Do, but includes material from a variety of martial arts. The student will develop core strength, endurance, balance, and flexibility while improving self-confidence and self control. Mixed Martial Arts classes are available to all HealthQuest members.

Kokikai Aikido

HealthQuest is extremely fortunate to have one of the five highest ranked and most respected Kokikai Aikido instructors in the world. This high quality instruction is offered free to members.

Aikido principles focus on coordinating mind and body by learning to be relaxed and centered. As students train, they develop calmness, grace and strength under pressure. They are able to achieve clarity and react calmly. Their newfound strength allows them to defend against much larger attackers. Self-defense techniques are performed efficiently and effectively. Minimum effort results in maximum effect.

Aikido teaches self-defense against both single and multiple attackers. All attacks (grabs, punches, kicks, and weapons) have a weak or blind spot. We move to these weak spots, upset the attackers balance, and use techniques to establish control.

Begin Aikido and experience you're most powerful state when mind and body act together.

Tai Chi

A traditional Chinese practice using slow soft martial arts. Along with relaxing meditative value, benefits also include increased flexibility, balance, lower body strength, and coordination. For all ages and levels.

Judo

Judo is many things to different people. It is a sport , an art, a discipline, a recreational or social activity, a "keep fit" program, a means of self defense and a way of life. Judo training can develop a competitive spirit and a feeling of confidence in a variety of situations. Judo develops self discipline and respect for one's self and others. Regular Judo training can improve an individual's aerobic capacity, speed, power, strength, agility, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, balance, and fast reflexive action.