



Martial Arts Class Schedule

Meets All Year Round

Updated 9/18/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:00 – 10:30 Tai Chi Mind/Body Studio			8:30 – 10:00 Aikido Self Defense	8:30- 10:00 Aikido Self Defense Weapons
	9:30 – 10:30 TKD Adults		9:30 – 10:30 TKD Adults		10:00 – 10:45 TKD Little Tigers	10:00 – 11:00 Aikido Child Ages 7-15 yrs
10:30 – 12:00 Tai Chi Dance Studio 1					10:45 – 11:30 TKD White Belt	11:00 – 12:30 Judo Child & Adult All Ages
1:00 – 2:30 Brazilian Jiu-jitsu		1:00 – 2:30 Brazilian Jiu-jitsu			11:30 – 12:15 TKD Child Yellow Belt	
					12:15 – 1:00 TKD Child Green & Above	
4:30 – 5:15 TKD Little Tigers	4:30 – 5:15 TKD Child White & Yellow	4:30 – 5:15 TKD Little Tigers	4:30 – 5:15 TKD Child White Belt	4:30 – 5:15 TKD Little Tigers	1:00 – 2:00 TKD Adults All Ranks	
5:15 – 6:00 TKD Child White Belt	5:15 – 6:00 TKD Child Green & Above	5:15 – 6:00 TKD Child White Belt	5:15 – 6:00 TKD Child Yellow Belt	5:15 – 6:00 TKD Child White & Yellow Belt	2:00 – 3:00 Tournament Training	
6:00 – 6:45 TKD Child Yellow Belt	6:00 – 7:00 TKD Senior Belts	6:00 – 6:45 TKD Child Yellow Belt	6:00 – 6:45 TKD Child Green & Above	6:00 – 7:00 Judo Child Ages 5-7 yrs	3:30 – 4:30 Judo Child Ages 5-12 yrs	
6:45 – 7:30 TKD Child Green & Above	7:00 – 8:00 Aikido Child Ages 7-15 yrs	6:45 – 7:30 TKD Child Green & Above	6:45 – 7:45 TKD Adults All Ranks	7:00 – 8:00 Judo Child Ages 8-12 yrs		
7:30 – 8:30 TKD Adults All Ranks	7:30 – 8:30 Tai Chi Mind/Body Studio	7:30 – 8:30 TKD Adults All Ranks	8:00 – 9:30 Aikido Self Defense			
8:30 – 10:00 Judo Adults Ages 13+	8:00 – 9:30 Aikido Self Defense	8:30 – 10:00 Judo Adults Ages 13+				

All classes held in Martial Arts Studio unless otherwise noted.

Taekwon-Do Little Tigers: Ages 5-6 years

Taekwon-Do Child: Ages 7-12 years

Taekwon-Do Adults: Ages 13 and up

Tai Chi: 13 years and up

Brazilian Jiu-jitsu: 13 years and up

Aikido Child: 7-15 years

Aikido Adults: Ages 16 years and up

Judo Child: Ages 5-12 years

Judo Adults: Ages 13 years and up

Taekwon-Do

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.

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.

Brazilian Jiu-jitsu

Brazilian Jiu-jitsu presents a unique perspective on martial arts and self-defense. Students can learn Jiu-jitsu fundamentals which will enable them to learn how to use their body to create solutions to address opponent's size strength and particular structural/physical configuration.