

WORLD MARTIAL ARTS ACADEMY

6877 Parker Road
Florissant, MO 63033
(314) 355-WMA9 (9629)



CLASS SCHEDULE

DAY	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30-11:20AM	ALL BELT ADULT Ages 12 & Up		ALL BELT ADULT Ages 12 & Up		ALL BELT ADULT Ages 12 & Up	TINY TIGERS 10:30-11:00AM
	11:10AM-12:00PM						ALL BELT FAMILY
	4:05PM - 4:45PM Children 4-11 yrs	ALL BELT Ages 4-11	ALL BELT Ages 4-11	ALL BELT Ages 4-11	ALL BELT Ages 4-11	NO CLASS	
	4:50PM - 5:30PM Children 4-11 yrs	GREEN AND HIGHER Ages 4-11	WHITE TO YELLOW 1ST Ages 4-11	GREEN AND HIGHER Ages 4-11	WHITE TO YELLOW 1ST Ages 4-11	ALL BELT FAMILY 5:10-6:00pm	
	5:35PM - 6:05PM	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5		
	6:10PM - 7:00PM	FB1 / ABF Ages 4 & Up	ALL BELT FAMILY	ALL BELT FAMILY	GREEN AND HIGHER Ages 4 & Up	HAPKIDO / WEAPONS	
	7:10PM - 8:00PM	BLACK BELT CLASS Ages 4 & Up	ALL BELT ADULT Ages 12 & Up	ALL BELT ADULT Ages 12 & Up	Sparring Class Yellow Belt & Up	NO CLASS	

All Belt Adult:

Geared to meet the needs of Adult Students at all Ranking levels ages 12 & over are welcome, ages 9-11 with Chief Instructors permission.

All Belt Family:

This class is for White - Black Belt Students ages 4 and up, and focuses on Tae Kwon Do training.

Tiny Tigers:

These classes are for students ages 3 thru 5. The class is tailor made to develop respect for parents, self - control, focus, and coordination. In a fun, structured just for kids environment.

Sparring :

This class is for yellow belts and up of any age. You must purchase the necessary equipment from the Pro Shop. Class will be divided by ages: **4 - 9 years old / 10 years old and up.**

Black Belt Class:

This class is for Rec.Belts thru Black Belts. This class is mandatory for Black Belts for advancement.

Hapkido / Weapons Class:

Learn the Korean Art of coordinated power. Breakfalls (or falling safely), joint locks, or submission holds, and pressure points. Students must be 10 years old and up to take this class. Weapons must be purchased in the Pro Shop for safety reasons.

Forms Breaking 1 / ABF: This class is for all belts ages 4 and up and focuses on Forms, Breaking, and One Steps.