



U.S. Martial Arts Center - South Lacey Schedule

4810 Yelm Hwy SE Suite I, Lacey, WA 98503 - (360) 491-6088 - www.martialartsolympia.com

Private Lessons - 30 min. sessions available Monday-Sunday during non regular class hours

Student Orientation - The last Friday of the Month new students are required to attend Orientation w/ their Parent(s)

Students must turn in Home Report Card weekly.

Beginners: White - Adv. Yellow Belt

Students must earn 6 Black Belt Character Tapes before they qualify for belt promotion test.

Intermediate: Purple - Adv. Blue

Advance: Brown - Danbo

Students must earn 5 Color Tapes (yellow, green, blue, brown, red) before they qualify for belt promotion test.

Black Belt Club: BBC/MC members only
(bring all gear to class)

Master's Club: MC members only (bring all gear to class)

Students must attend 24 classes before they qualify for belt promotion test.

Sparring Class: BBC/MC/LC members
(bring all gear to class)

Pre-Test: The week leading up to Belt Test day, students will have opportunity to be evaluated for their Red Tape.

Board Break Practice: During the Pre-test week, students will be able to practice board breaking techniques.

Any missed class can be made up at Saturday's Make Up Class.

Saturday

Private Lessons

Private Lessons

All Belts
(all ages)
12:00 - 12:45 pm

Tournament Team
HQ Lacey Dojang
11:00 - 1:00 pm

Birthday Parties

School Rules & Code of Conduct

Attend appropriate class
Be on Time, 5 min. prior to your class.
Place your shoes & jackets away neatly
CLEAN & PRESSED UNIFORMS!
All Jewelry must be removed
Hair must not cover face & eyes
Use hair tie or hair band
Show respect to Instructors
Always use "Sir" or "Ma'am"
No Misbehavior or Foul Language
Display Black Belt Attitude
Maintain a high level of ATTENDANCE
Bring all your gear to class
No Food or Drinks
No Cell Phones
Call when unable to attend your class

Winners Never Quit
Winners Get the Job Done

Monday	Tuesday	Wednesday	Thursday	Friday
All Belts (all ages) 3:30 - 4:10 pm	All Belts (all ages) 3:30 - 4:10 pm	All Belts (all ages) 3:30 - 4:10 pm	All Belts (all ages) 3:30 - 4:10 pm	Private lesson
All Belts (all ages) 4:15 - 4:55 pm	Black Belt / Master Club (all ages) 4:15 - 4:55 pm	All Belts (all ages) 4:15 - 4:55 pm	Intermediate & Advance (all ages) 4:15 - 4:55 pm	All Belts (all ages) 4:15 - 4:55 pm
Beginners (5-12 yrs old) 5:00 - 5:40 pm	All Belts (all ages) 5:00 - 5:40 pm	Beginners (5-12 yrs old) 5:00 - 5:40 pm	All Belts (all ages) 5:00 - 5:40 pm	Black Belt / Master Club (all ages) 5:00 - 5:40 pm
Intermediate & Advance (all ages) 5:45 - 6:30 pm	Beginners (all ages) 5:45 - 6:30 pm	Intermediate & Advance (all ages) 5:45 - 6:30 pm	Beginners (all ages) 5:45 - 6:30 pm	Color Belt Sparring Class (all ages) 5:45 - 6:30 pm
All Belts (all ages) 6:35 - 7:20 pm	All Belts (all ages) 6:35 - 7:20 pm	All Belts (all ages) 6:35 - 7:20 pm	Black Belt / Master Club (all ages) 6:35 - 7:20 pm	All Belts (all ages) 6:35 - 7:20 pm
Teen / Adult Class (13 yrs & older) 7:25 - 8:10 pm	Private Team Training (Invite Only) 7:25 - 8:10 pm	Teen / Adult Class (13 yrs & older) 7:25 - 8:10 pm	Teen / Adult Class (13 yrs & older) 7:25 - 8:10 pm	Teen / Adult Class (13 yrs & older) 7:25 - 8:10 pm



Voted 2009 & 2010 #1 Best Martial Arts School In Washington
Changing Lives...One Black Belt At A Time