



U.S. Martial Arts Center - Lacey Dojang Schedule - 2012

7233 Martin Way E., Olympia, WA 98516 - (360) 459-3661 - 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.

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

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

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

Beginners: White - Adv. Yellow Belt
Intermediate: Purple - Adv. Blue
Advance: Brown - Danbo
Black Belt Club: BBC/MC members only
Master's Club: MC members only
**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.

Monday	Tuesday	Wednesday	Thursday	Friday
Private Lessons	Adult Class (13 yrs & older) 12:00 -12:50 pm	Private Lessons	Adult Class (13 yrs & older) 12:00 -12:50 pm	Private Lessons
Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons
Private Lessons	Little Tigers (3 - 4 yrs old) 3:30 -4:00 pm	Private Lessons	Little Tigers (3 - 4 yrs old) 3:30 -4:00 pm	Private Lessons
Beginners (All ages) 4:00 - 4:50 pm	All Belt (All ages) 4:00 - 4:50 pm	Beginners (All ages) 4:00 - 4:50 pm	All Belt (All ages) 4:00 - 4:50 pm	All Belt (All ages) 4:00 - 4:50 pm
Black Belt Club (All ages) 5:00 - 5:50 pm	Beginners (All ages) 5:00 - 5:50 pm	Black Belt Club (All ages) 5:00 - 5:50 pm	Beginners (All ages) 5:00 - 5:50 pm	Black Belt Club (All ages) 5:00 - 5:50 pm
Family All Belts (All ages) 6:00 - 6:50 pm	Black Belt Club (All ages) 6:00 - 6:50 pm	Family All Belts (All ages) 6:00 - 6:50 pm	Black Belt Club (All ages) 6:00 - 6:50 pm	Family All Belts (All ages) 6:00 - 6:50 pm
Adult Class (13 yrs & older) 7:00 - 8:00 pm	Brown, Red & Black Belts (All ages) 7:00 - 8:00 pm	Adult Class (13 yrs & older) 7:00 - 8:00 pm	Brown, Red & Black Belts (All ages) 7:00 - 8:00 pm	Adult Class (13 yrs & older) 7:00 - 8:00 pm

Saturday

Private Lessons

Team USMAC

Demo Team
Tournament Team
(by recommendation only)

11:00 am - 1:00 pm

Birthday Parties or Workshops

(ask for details)

Tkd Birthday parties are a blast! We provide the supervision, cake, clean-up, invitations, gift bags and fun. All you have to do is show up and get ready to have fun.

Workshops for Character Enrichment, Self-Defense, Team Building, Verbal Judo (anti-bullying) for families, friends, organizations or business.

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



Voted 2009, 2010 & 2011 #1 Best Martial Arts School In Washington
Changing Lives...One Black Belt At A Time