

WEEKLY SCHEDULE

KIDS | WALNUT CREEK



MONDAY

3:15 PM	KORE
4:00 PM	SHIN
5:00 PM	YAMA



FRIDAY

3:15 PM	KORE
4:00 PM	SHIN
5:00 PM	YAMA & SOTO



TUESDAY

4:00 PM	MUAY THAI 6+
5:00 PM	YAMA NOGI
5:00 PM	YAMA
6:00 PM	SOTO

SATURDAY

8:30 AM	KORE
9:15 AM	SHIN
10:15 AM	YAMA
11:15 AM	YAMA & SOTO

WEDNESDAY

3:15 PM	KORE
4:00 PM	SHIN
5:00 PM	YAMA

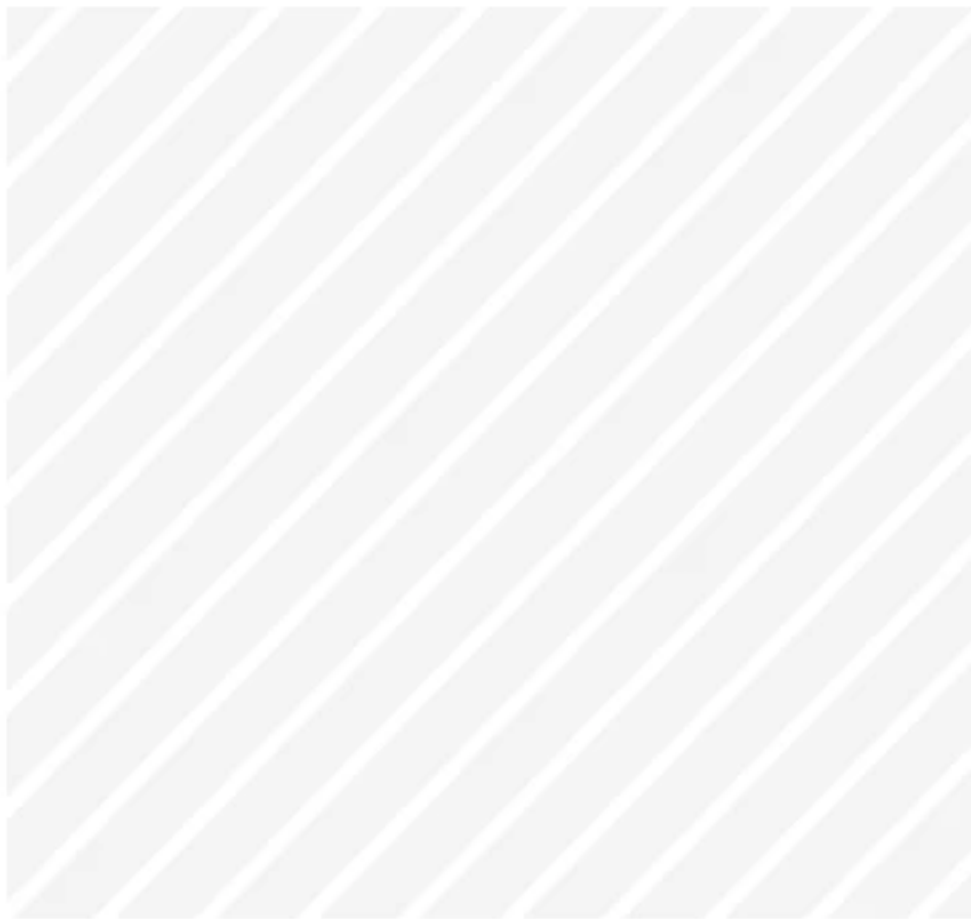


SUNDAY

9:00 AM	KORE
10:00 AM	SHIN
11:00 AM	COMPETITION TEAM 7+

THURSDAY

4:00 PM	MUAY THAI 6+
5:00 PM	YAMA
6:00 PM	SOTO



KORE
3 - 4yo

SHIN
5 - 6yo

YAMA
7 - 10yo

SOTO
11 - 14yo

- START AT THE CORE.**
AT 3-4 YEARS OLD, THE DEVELOPMENTAL STAGE IS ABOUT FINDING THEIR "CORE", BALANCE, BASE, AND THE VERY BEGINNING OF DISCIPLINE.
- BUILD THE SPIRIT.**
IN JAPANESE, SHIN REFERS TO HEART, SPIRIT, AND MIND. AT 5-6, CHILDREN ARE DEVELOPING THEIR "INTERNAL SPIRIT", LEARNING FOCUS, COURAGE TO TRY NEW THINGS, AND THE HEART TO KEEP GOING EVEN WHEN IT'S HARD.
- BECOME THE MOUNTAIN.**
MEANING "MOUNTAIN," THIS REFLECTS THE STAGE WHERE TECHNIQUE BECOMES SOLID. AT 7-10, WE FOCUS ON BEING "UNSHAKABLE", STABILITY IN THEIR MOVEMENTS AND A PEAK IN THEIR ATHLETIC CONFIDENCE.
- LEAD WITH THE SHIELD.**
REFLECTING THE "OUTER" OR "EXTERIOR" PROTECTION. FOR TEENAGERS, JIU-JITSU IS THEIR SHIELD AGAINST EXTERNAL PRESSURE. THIS STAGE IS ABOUT LEADERSHIP, USING THEIR SKILLS TO PROTECT THEMSELVES AND OTHERS, AND TAKING OWNERSHIP OF THEIR JOURNEY.

