

Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Cardio Kickboxing	In-person only Equipment Needed: Boxing gloves & handwraps					
	5p		10a & 5p			9a (pad work + conditioning)
Muay Thai & Conditioning	In-person only Equipment Needed: 16 oz gloves, mouthpiece, handwraps, Muay Thai shorts, shinpads, Tsunami shirt or Black shirt					
	6p		6p		6p	9a (pad work + conditioning)
<i>Muay Thai beginners must attend at least 1 month of classes and have coaches' approval to start sparring.</i>						
Taekwondo Ages 5-7	In-person only Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear					
		4:15p or 5p	12p All Ages	4:15p or 5p		10a All ages
<i>Green belts and above must have sparring gear.</i>						
Taekwondo Ages 8-11	In-person only Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear					
		4:15 or 6p	12p All Ages	4:15 or 6p		10a All ages
<i>Green belts and above must have sparring gear.</i>						
Taekwondo Adults	In-person only Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear					
		4:15p or 7p	12p All Ages	4:15p or 7p		10a All ages
<i>Green belts and above must have sparring gear.</i>						
TKD Speciality Class	In-person only Equipment Needed: curriculum weapon, TKD uniform (optional: Tsunami shirt), sparring gear					
				8p Competition Class & Black Belt Class		12p Weapons & Tricking
Brazilian Jiu-Jitsu Ages 6-11	In-person only Equipment Needed: mouthpiece + (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)					
	5p (gi)		5p (gi)		5p (gi)	11a All ages (gi)
<i>Ask coach for an invite to the Tsunami members BJJ group chat on GroupMe</i>						
Brazilian Jiu-Jitsu Adults Intermediate to Advanced	In-person only Equipment Needed: mouthpiece + (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)					
	7p (no gi)		7p (no gi)		7p (gi)	11a All ages (gi)
<i>Beginners must attend at least 5 fundamentals class to be considered to spar / "roll".</i>						
Brazilian Jiu-Jitsu Adults Fundamentals	In-person only Equipment Needed: mouthpiece + (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)					
	7p (no gi)		7p (no gi)		6p (gi)	11a All ages (gi)

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Download the Tsunami MMA app! Search "Tsunami MMA" in your app store. Studio Code is 4048833386

Facebook MEMBERS ONLY group: Tsunami MMA Decatur members

BJJ Members: Ask coach for an invite to the Tsunami members BJJ group chat on GroupMe

www.TsunamiMMA.co