



Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing	Equipment Needed: Boxing gloves & handwraps						
	715a	12p 6p	715a	6p		9a	
Muay Thai beginners must attend at least 1 month of classes and have coaches' approval to start sparring.							
Muay Thai (ages 12+)	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
	715a CKB	12p CKB 7p		6P CKB 7P	7p MT sparring	9a CKB	fighters only. Invite only
Brazilian Jiu-Jitsu Ages 6+	Equipment Needed: mouthpiece + (no gi: rashguard, fight shorts) (gi: BJJ uniform w/ Tsunami MMA patch)						
		5p-6p gi class		5p -6p no gi	5p-6p gi class		
MMA Fundamentals (ages 12+)	Equipment Needed: See specific classes for requirements						
	715a CKB	7p Muay Thai	645-730p TKD	6p no gi grappling	7p MT sparring	9a CKB	Fighters only invite only
Green belts and above must have sparring gear.							
TAEKWONDO	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 4-6 BASIC CURRICULUM	430-5p curriculum		430-5p curriculum			10a-1030a sparring	competition training. Coach will schedule
Ages 4-6 LEADERSHIP	430-530p LEADERSHIP		430-5p curriculum		415-5p LDR LEADERSHIP	10a-1030a sparring	competition training. Coach will schedule
Ages 4-6 COMPETITION TEAM	430-530p LEADERSHIP		430-530p COMPETITION		415-5p LDR LEADERSHIP	10a-1030a 11a COMP	competition training. Coach will schedule
Green belts and above must have sparring gear.							
TAEKWONDO	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 7-11 BASIC CURRICULUM	530-610p curriculum		530-610p curriculum			1030a-11a sparring	competition training. Coach will schedule
Ages 7-11 LEADERSHIP	530-645p LEADERSHIP		530-610p curriculum		6p-7p LDR LEADERSHIP	1030a-11a sparring	competition training. Coach will schedule
Ages 7-11 COMPETITION TEAM	530-645p LEADERSHIP		530-645p COMPETITION		6p-7p LDR LEADERSHIP	1030-12p COMPETITION	competition training. Coach will schedule
Green belts and above must have sparring gear.							
TAEKWONDO	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 12+ BASIC CURRICULUM	645p-730p curriculum		645p-730p curriculum			1030a-11a sparring	competition training. Coach will schedule
Ages 12+ LEADERSHIP	645p-8p LEADERSHIP		645-730p curriculum		6p-7p LDR LEADERSHIP	1030a-11a sparring	competition training. Coach will schedule
Ages 12+ COMPETITION TEAM	645p-8p LEADERSHIP		645-8p COMPETITION		6p-7p LDR LEADERSHIP	1030-12p COMPETITION	competition training. Coach will schedule

STARTS AUG 12



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Tsunami Mixed Martial Arts

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