



Tsunami Mixed Martial Arts

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Cardio Kickboxing	Equipment Needed: Boxing gloves & handwraps						
	715a	12p 6p	715a	6p		9a	

MMA Fundamentals (ages 12+)	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
		12p CKB 7p MT	715a CKB 715p TKD	6p CKB 7P MT		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-545p no gi class	5p-6p gi class			

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 curriculum	competition training. Coach will schedule
Ages 4-6 LEADERSHIP	430-530p LEADERSHIP		430-5p curriculum		430-530p LEADERSHIP	10a-1115a cur + spar	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		545p-630p curriculum			1030-1115a sparring	competition training. Coach will schedule
Ages 7-11 LEADERSHIP	530-645p LEADERSHIP		545p-630p curriculum		530-630p LEADERSHIP	1030-1115a sparring	competition training. Coach will schedule
Ages 7-11 COMPETITION TEAM	530-645p LEADERSHIP		545-715p COMPETITION		530-630p LEADERSHIP	1030-1230 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		715p-8p curriculum			1030-1115a sparring	competition training. Coach will schedule
Ages 12+ LEADERSHIP	645p-8p LEADERSHIP		715p-8p curriculum		530-630p LEADERSHIP	1030-1115a sparring	competition training. Coach will schedule
Ages 12+ COMPETITION TEAM	645p-8p LEADERSHIP		630p-8p COMPETITION		530-630p LEADERSHIP	1030-1230p COMPETITION	competition training. Coach will schedule

Green belts and above must have sparring gear.

TAEKWONDO	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
All Ages Red & Black Belts					630p-730p Taekwondo		competition training. Coach will schedule



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 Studio Code: 4048833386

Use your same email we have on file when
 registering

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