



FARRELL'S[®] MARTIAL ARTS

Beaverdale School

2706 Beaver Ave.

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Director of Martial Arts - Daniel Fath (danielfath@farrellsusma.com)

Director of Instruction/Head Instructor - Brandon Miller (brandonmiller@farrellsusma.com)

8/1/2016

MON	TUES	WED	THUR	FRI	SAT
LIL' DRAGONS					
6:15PM LL	5:30PM LL	6:15PM LL	5:30PM LL		9:15AM LL
TIGERS					
5:30PM LL	5:30PM E	5:30PM LL	5:30PM E	4:00PM E	9:15AM LL
BASIC (White, Gold, Orange)					
KIDS 4:00PM W	4:00PM E	KIDS 4:00PM W	4:00PM E	4:00PM E	10:00 AM E
	5:30PM E		5:30PM E		Specialty Format
7:00PM E	T/A 7:00 E	7:00PM LL (sparring)	T/A 7:00 E		Classes
	7:45PM W	7:00PM E (non sparring)	7:45PM W		
INTERMEDIATE (Green and Blue)					
KIDS 4:00PM W	4:45PM E	KIDS 4:00PM W	4:45PM E	4:45PM E	10:45 AM E
6:15PM W	T/A 7:00 E	6:15PM W	T/A 7:00 E		Specialty Format
	7:45PM W		7:45PM W		Classes
ADVANCED (Brown and Red)					
			BB 5:45AM LL		10:45 AM E
5:30PM E	4:45 PM E	5:30PM W	4:45PM E	4:45PM E	Specialty Format
	BB 6:15PM E				Classes
	T/A 7:00 E		T/A 7:00 E		BB 11:30 AM E
COMPETITION TEAM					
7:00PM E		WKE 6:15 PM	6:15 PM E (FORMS)		
7:45PM W					
AIM HIGH(White Belts ONLY)					
4:45PM W	6:15PM W	4:45 PM W	6:15PM W	4:00PM E	
JUDO					
	KIDS 6:30PM LL		KIDS 6:30PM LL		
	T/A 7:30PM LL	T/A 8:00PM LL	T/A 7:30PM LL	T/A 6:00PM LL	

Three classrooms available: E-East Room , W-West Room, LL-Lower Level

Special Classification: **BB** - Black Belt Class, **T/A** - Teens and Adults ONLY (12 & over) , **KIDS** - 11 & under

Saturday Class Format: Please check the website farrellsusma.com for weekly themes.

Themes will be Forms, Board Breaking, Spar Wars, Kicking, Bring a Friend, etc.

You are expected to be fifteen minutes early to warm-up in the back of the practice room.

Monday and Tuesday - Classes are focused more on technique and form.

Wednesday and Thursday - Classes are focused more on kicking and sparring.

SAFETY EQUIPMENT IS NEEDED FOR WED & THURS TKD CLASSES

Sparring optional for Dragons, Tigers and Basic Students.