



Martial Arts Class Schedule

Meets All Year Round

Updated 10/1/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:00 – 10:30		9:00 – 10:30	8:30 – 10:00	8:30- 10:00
		Tai Chi Mind/Body Studio		Tai Chi Dance Studio 3	Aikido Self Defense	Aikido Self Defense Weapons
	9:30 – 10:00		9:30 – 11:00	9:30 – 10:00	10:00 – 10:45	10:00 – 11:00
	TKD Little Cubs		TKD Adults	TKD Little Cubs	TKD Little Tigers	Aikido Child Ages 7-15 yrs
10:30 – 12:00	10:00 – 11:30			10:15 – 10:45	10:45 – 11:30	11:00 – 12:00
Tai Chi Dance Studio 1	TKD Adults			TKD Little Cubs	TKD White Belt	Judo Child Ages 5-12 yrs
1:00 – 2:30		1:00 – 2:30			11:30 – 12:15	12:00 – 1:30
Brazilian Jiu-jitsu		Brazilian Jiu-jitsu			TKD Child Yellow Belt	Judo Adults Ages 13+
					12:15 – 1:00	
					TKD Child Green & Above Adult All Ranks	
4:30 – 5:15	4:30 – 5:15	4:30 – 5:15	4:30 – 5:15	4:30 – 5:15	1:00 – 2:00	
TKD Little Tigers	TKD Child White & Yellow	TKD Little Tigers	TKD Child White Belt	TKD Little Tigers	TKD Adults	
5:15 – 6:00	5:15 – 6:00	5:15 – 6:00	5:15 – 6:00	5:15 – 6:00	2:00 – 3:30	
TKD Child White Belt	TKD Child Green & Above	TKD Child White Belt	TKD Child Yellow Belt	TKD Child White & Yellow Belt	TKD Invite Only	
6:00 – 6:45	6:00 – 7:00	6:00 – 6:45	6:00 – 6:45	6:00 – 7:00	3:30 – 4:30	
TKD Child Yellow Belt	TKD Invite Only	TKD Child Yellow Belt	TKD Child Green & Above	Judo Child Ages 5-7 yrs	Judo Child Ages 5-12 yrs	
6:45 – 7:30	7:00 – 8:00	6:45 – 7:30	6:45 – 7:45	7:00 – 8:00		
TKD Child Green & Above	Aikido Child Ages 7-15 yrs	TKD Child Green & Above	TKD Adults All Ranks	Judo Child Ages 8-12 yrs		
7:30 – 8:30	8:00 – 9:30	7:30 – 8:30	8:00 – 9:30	8:00 – 9:30		
TKD Adults All Ranks	Aikido Self Defense	TKD Adults All Ranks	Aikido Self Defense	Brazilian Jiu-jitsu		
8:30 – 10:00		8:30 – 10:00				
Judo Adults Ages 13+		Judo Adults Ages 13+				

All classes held in Martial Arts Studio unless otherwise noted.

Taekwon-Do Little Cubs: Ages 3-4 years
 Taekwon-Do Little Tigers: Ages 5-6 years
 Taekwon-Do Child: Ages 7-12 years
 Taekwon-Do Adults: Ages 13 and up
 Tai Chi: 13 years and up

Brazilian Jiu-jitsu: 13 years and up
 Aikido Child: 7-15 years
 Aikido Adults: Ages 16 years and up
 Judo Child: Ages 5-12 years
 Judo Adults: Ages 13 years and up

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Taekwon-Do

At HealthQuest, our mission is to strive towards the total development of the individual into a well-rounded and responsible person. The curriculum will help the student learn to balance physical challenges, mental stress, and emotional conflict. We do this through teaching and reinforcing the principles of respect, courtesy, integrity, perseverance, self-control, patience, and humility.

A positive character, confident personality, and high moral standards will be developed through the martial arts training. We encourage our students to incorporate these values into their everyday lives.

HealthQuest Martial Arts has chosen a unique and refreshing approach to Martial Arts instruction. The core of our style is Tae Kwon Do, but includes material from a variety of martial arts. The student will develop core strength, endurance, balance, and flexibility while improving self-confidence and self-control.

Kokikai Aikido

HealthQuest is extremely fortunate to have one of the five highest ranked and most respected Kokikai Aikido instructors in the world. This high quality instruction is offered free to members.

Aikido principles focus on coordinating mind and body by learning to be relaxed and centered. As students train, they develop calmness, grace and strength under pressure. They are able to achieve clarity and react calmly. Their newfound strength allows them to defend against much larger attackers. Self-defense techniques are performed efficiently and effectively. Minimum effort results in maximum effect.

Aikido teaches self-defense against both single and multiple attackers. All attacks (grabs, punches, kicks, and weapons) have a weak or blind spot. We move to these weak spots, upset the attackers balance, and use techniques to establish control.

Begin Aikido and experience you're most powerful state when mind and body act together.

Tai Chi

The study and practice of Taijiquan is the study of natural harmony. Through the movements, the deep breathing, the focus of intention, the ideal of body and mind in synch becomes reality. Proper practice of Qigong and Taijiquan can help you rediscover your natural movement, freedom of energy, and personal potential.

Judo

Judo is many things to different people. It is a sport, an art, a discipline, a recreational or social activity, a "keep fit" program, a means of self-defense and a way of life. Judo training can develop a competitive spirit and a feeling of confidence in a variety of situations. Judo develops self-discipline and respect for one's self and others. Regular Judo training can improve an individual's aerobic capacity, speed, power, strength, agility, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, balance, and fast reflexive action.

Brazilian Jiu-jitsu

Brazilian Jiu-jitsu presents a unique perspective on martial arts and self-defense. Students can learn Jiu-jitsu fundamentals which will enable them to learn how to use their body to create solutions to address opponent's size strength and particular structural/physical configuration.