



# HEALTHQUEST FITNESS CLUB

## Martial Arts

Please contact the Martial Arts Department at [martialarts@hqfit.com](mailto:martialarts@hqfit.com) or 908.782.4009 x238 with any questions  
All classes held in the Martial Arts Studio unless otherwise specified.

last update 1/30/2024

<i>Little Tigers (Ages 5 - 6)</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:15pm <b>Taekwon-Do</b> Little Tigers (Ages 5-6yrs)		4:30-5:15pm <b>Taekwon-Do</b> Little Tigers (Ages 5-6yrs)			10:00-10:45am <b>Taekwon-Do</b> Little Tigers (Ages 5-6yrs)	
<i>Taekwon-Do (Ages 7 and up)</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00pm <b>Taekwon-Do</b> White/Sr White	5:00-5:45pm <b>Taekwon-Do</b> White - Yellow	9:30-10:15am <b>Taekwon-Do</b> All Belts (Ages 12 and up)	4:30-5:15pm <b>Taekwon-Do</b> White/Sr White		10:45-11:30am <b>Taekwon-Do</b> White/Sr White	
6:00-6:45pm <b>Taekwon-Do</b> Yellow/Sr Yellow	5:45-6:45pm <b>Taekwon-Do</b> Green Belt & Up & Black Belts	5:15-6:00pm <b>Taekwon-Do</b> White/Sr White	5:15-6:00p <b>Taekwon-Do</b> Yellow to Sr Blue		11:30am-12:15pm <b>Taekwon-Do</b> Yellow/Sr Yellow	
6:45-7:30pm <b>Taekwon-Do</b> Green and Above		6:00-6:45pm <b>Taekwon-Do</b> Yellow/Sr Yellow	6:00-6:45pm <b>Taekwon-Do</b> Sparring		12:15pm-1:00pm <b>Taekwon-Do</b> Green and Above	
		6:45-7:30pm <b>Taekwon-Do</b> Green and Above	6:45-7:30pm <b>Taekwon-Do</b> All Belts (Ages 12 and up)			
<i>Tai Chi</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00-11:30am <b>Tai Chi</b> (Dance 5)		10:00-11:30am <b>Tai Chi</b> (Dance 5)			
	11:30am-12:00pm <b>Tai Chi-Weapons</b> (Dance 5)		11:30am-12:00pm <b>Tai Chi-Weapons</b> (Dance 5)			
<i>Aikido &amp; Brazilian Jiu-Jitsu</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30pm <b>Aikido</b>	6:45pm-7:30pm <b>Aikido Kids</b> (Ages 8-13)		7:30-8:30pm <b>Aikido</b>	5:00pm-6:00pm <b>Brazilian Jiu-Jitsu</b>	8:30-9:30am <b>Aikido</b>	8:30-9:30am <b>Brazilian Jiu-Jitsu</b>
8:30-9:00pm <b>Aikido</b> Open Mat			8:30-9:00pm <b>Aikido</b> Open Mat		9:30-10:00am <b>Aikido</b> Open Mat	

### Fall 2023-2024 Calendar

*Although Martial Arts classes run year-round we do follow the Youth Holiday schedule*

Mon Sept 11th	Classes Begin	February 16-19th	No classes Presidents weekend
Wed Nov 22nd	No Class after 12:00 noon	Mar 29 - April 7th	No classes Spring Break
Thanksgiving	No Class Nov 23-26th	May 24-27th	No classes Memorial weekend
Fri Dec 22nd	No Class after 12 Noon	July 4th	No Classes 4th of July
Winter Break	No Classes Dec 23rd-Jan 2nd		



# HEALTHQUEST

FITNESS CLUB

## Martial Arts

### Styles and Descriptions

#### *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.

#### *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.

#### *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.

#### *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.