



Martial Arts

Fall 2025-2026



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

Updated 4/28/25

Little Tigers (Ages 5 - 6)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs)		4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs)			10:00-10:45am Taekwon-Do Little Tigers (Ages 5-6yrs)	
Taekwon-Do (Ages 7 and up)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00pm Taekwon-Do White/Sr White	5:00-5:45pm Taekwon-Do White - Yellow	9:30-10:15am Taekwon-Do All Belts (Ages 12 and up)	4:30-5:15pm Taekwon-Do White - Yellow		10:45-11:30am Taekwon-Do White/Sr White	
6:00-6:45pm Taekwon-Do Yellow/Green	5:45-6:45pm Taekwon-Do Green Belt & Up & Black Belts	5:15-6:00pm Taekwon-Do White/Sr White	5:15-6:00p Taekwon-Do Green Belt & Up & Black Belts		11:30am-12:15pm Taekwon-Do Yellow/Sr Yellow	
6:45-7:30pm Taekwon-Do Blue and Above		6:00-6:45pm Taekwon-Do Yellow/Sr Yellow	6:00-6:45pm Taekwon-Do Sparring		12:15pm-1:00pm Taekwon-Do Green and Above	
		6:45-7:30pm Taekwon-Do Green and Above	6:45-7:30pm Taekwon-Do All Belts (Ages 12 and up)			
Aikido & Brazilian Jui-Jitsu						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30pm Aikido (Ages 13+)	6:45pm-7:30pm Aikido Kids (Ages 8-13)		7:30-8:30pm Aikido (Ages 13+)	5:00pm-6:00pm Brazilian Jiu-Jitsu (Ages 13+)	8:30-9:30am Aikido (Ages 13+)	8:30-9:30am Brazilian Jiu-Jitsu (Ages 13+)
8:30-9:00pm Aikido Open Mat			8:30-9:00pm Aikido Open Mat		9:30-10:00am Aikido Open Mat	
Tai Chi - (Must Register Weekly via HQ App)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:45pm Tai Chi	10:00-11:00am Tai Chi		10:45-11:45am Tai Chi			

Fall 2025-2026 Calendar			
Although Martial Arts classes run year-round we do follow the Youth Holiday schedule during the school year			
Sept 1st	No Classes- Labor day	February 13-16th	No classes Presidents weekend
Fri Oct 31st *	No Class after 12:00 noon	April 3-12th	No classes Spring Break
Wed Nov 26th *	No Class after 12:00 noon	May 22-25th	No classes Memorial weekend
Thanksgiving	No Class Nov 27-Nov 30th	July 4th	No classes
Winter Break	No Classes Dec 23rd-Jan 4th	Sept 7th	No Classes - Labor Day

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.