

May News

Graduation - will be held on Wednesday, May 25th . Students who will be graduating must be at the Academy no later than 6:00pm. Students must wear their complete uniform, NO T-Shirts allowed. Graduation will start at 6:30pm. **NO CLASSES** after 4:50pm!

Bring A Friend Day – Saturday May 14. Bring your friend to **YOUR** class time. Please have them wear some loose fitting clothes!

By Popular DEMAND – We will be adding another sparring and grappling class each week. Please see the updated times and schedule below.

Ninja Night – Saturday, May21st.. Drop off starts at 6:30pm, pick up no later than 11:00pm.

Cardio Kickboxing – Mondays and Wednesdays 12pm to 1pm. First class is FREE after that \$20 per class.

Equipment – If you do not have all of the necessary sparring gear please place your order right away in the office. Equipment will arrive 3 to 4 days after order.

Equipment – Students must have their equipment in a “bag” and they must bring all of their equipment to each class. Equipment should be placed on the mat at the back of the classroom.

Green Belt – Chops, Mouthpiece, Kicks, Shin Guards, Rib Guard, and Head Gear (Groin Cup for males).

Blue Belt – Elbow Pads and Boxing Gloves.

Sparring Class – Tuesday and Thursday at 6:30pm. Blue Belts and above. Students must bring their equipment bag.

Grappling Class – Mondays and Wednesday at 6:30pm. Blue Belt and above. Students must have a mouth piece and elbow pads.