



The Martial Way  
現代武士道



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Family TKD</b>	<b>Brazilian Jiu-Jitsu</b>	<b>Family TKD</b>	<b>Brazilian Jiu-Jitsu</b>		
9 & Above All Belts 12:00 - 1:00	 JOHN CROUCH JIU-JITSU 12:00 - 1:00	9 & Above All Belts 12:00 - 1:00	 JOHN CROUCH JIU-JITSU 12:00 - 1:00		
<b>Tiny Warriors</b>	<b>Tiny Warriors</b>	<b>Tiny Warriors</b>	<b>Tiny Warriors</b>		
4 - 7 yrs W. Green & Above 4:00 - 4:30	4 - 7yrs All Levels 3:45 - 4:15	4 - 7 yrs All Levels 4:00 - 4:30	4 - 7 yrs All Levels 3:45 - 4:15		
<b>Tiny Warriors</b>	<b>Kidz BJJ</b>	<b>Tiny Warriors</b>	<b>Kidz BJJ</b>		
4 - 7 yrs All Levels 4:30 - 5:00	All Levels 4 - 12 yrs 4:15 - 5:00	4 - 7 yrs All Levels 4:30 - 5:00	All Levels 4 - 12 yrs 4:15 - 5:00		
<b>Children</b>	<b>Children</b>	<b>Children</b>	<b>Children</b>		
8- 15 yrs. All Belts 5:00 - 5:45	8- 15 yrs. All Belts 5:00 - 5:45	8- 15 yrs. All Belts 5:00 - 5:45	8- 15 yrs. All Belts 5:00 - 5:45		
<b>Family</b>	<b>Family</b>	<b>Family</b>	<b>Family</b>		
9 & Above All Belts 5:45 - 6:30	9 & Above All Belts 5:45 - 6:30	9 & Above All Belts 5:45 - 6:30	9 & Above All Belts 5:45 - 6:30		
<b>Brazilian Jiu-Jitsu</b>	<b>Modern MooSaDo</b>	<b>Modern MooSaDo</b>	<b>Modern MooSaDo</b>		
 JOHN CROUCH JIU-JITSU 6:30 - 8:00	 modern moo sa do personal protection systems 6:30 - 7:30 <b>Brazilian Jiu-Jitsu</b>	 modern moo sa do personal protection systems 6:30 - 7:30 <b>Brazilian Jiu-Jitsu</b>	 modern moo sa do personal protection systems 6:30 - 7:30 <b>Brazilian Jiu-Jitsu</b>		
	<b>Brazilian Jiu-Jitsu</b>	<b>DJJ NoGi</b>	<b>Brazilian Jiu-Jitsu</b>		
	 JOHN CROUCH JIU-JITSU 7:30 - 9:00	 JOHN CROUCH JIU-JITSU 8:00 - 9:00	 JOHN CROUCH JIU-JITSU 7:30 - 9:00		
				<b>Review Class</b>	
				8 & Above All Belts 10:00am - 11:00pm	
				<b>DJJ NoGi</b>	
				 JOHN CROUCH JIU-JITSU 11:00am - 12:00 Modern MooSaDo	
				 12:00 - 1:00	
				<b>Elite Training</b>	
				1:00 - 4:00	

- Ten Student Commitments**
1. I will, be loyal to my country
  2. I will, honor my parents
  3. I will, be loving with my family
  4. I will, cooperate with my brothers and sisters
  5. I will, be faithful to my friends
  6. I will, respect my elders and care for my juniors
  7. I will, establish trust with my teachers
  8. I will, use good judgement before killing living things
  9. I will, never retreat in battle
  10. I will always finish what I start

PRIVATE INSTRUCTION

**For Best Results**

- Try to attend two classes a week minimum.
- Students must arrive 10 minutes before the start of class.
- Let the school know if you will be missing more than one week of class.
- Repeat all requirements as many times as possible.
- Be gracious with others and strict with yourself.
- You are competing against yourself and not against others.
- If you have any problems and would like extra help, do not hesitate to consult with an instructor.

www.facebook.com/TheMartialWayFlagstaff  
 www.facebook.com/MMSDI  
 @TheMartialWay  
 TheMartialWay1

**Flagstaff, AZ**  
**928.774.2777**  
**TheMartialWay.com**  
**Effective: 6/24/2013**

