

# Master St'James Black Belt Academy

## ADULT CLASS SCHEDULE

Spring/Summer 2010

Programme	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foundation Kickboxing	6.15 - 7.00	5.00 - 5.45	6.15 - 7.00	5.00 - 5.45	5.00 - 5.45	
Intermediate Kickboxing	5.15 - 6.15	6.30 - 7.30	5.15 - 6.15	6.30 - 7.30		
Advanced Kickboxing		5.45 - 6.30		5.45 - 6.30		
Kickboxing Sparring					6.00 - 7.00	
Filipino Martial Arts	7.00 - 8.00		7.00 - 8.00			
Advanced Filipino Martial Arts				7.00 - 8.30		
Foundation Brazilian Jiu Jitsu	7.00 - 8.00		7.00 - 8.00		7.00 - 8.15 (No Gi)	
Advanced Brazilian Jiu Jitsu		7.30 - 8.45		7.30 - 8.45		
C.I.T. Brown Belt and above						1st Saturday of the Month 11 - 12.30

All classes start promptly. If you are more than 10 minutes late for the start of the class you may not be allowed to enter as you will have missed the warm-up and mobility phase which is essential for safe and effective training.

Please ensure you have all necessary equipment for your class and that you wear correct uniform and your belt of grade. If you forget your belt you will be given a white belt to wear. Kickboxing is a sport martial art and correct safety equipment must be used. ONLY MSJBBA Approved safety equipment is allowed in our classes. Un-approved equipment may not be considered safe for use and you will not be able to use it in training. Please seek advise from a qualified MSJBBA Instructor.

Students and visitors to the Academy are expected to comply with the rules and regulations of the Academy. Please keep noise to the minimum whilst classes are in progress.

*\* This Time Table is subject to change as required my the management.*



**Master St'James  
Black Belt Academy**

**Upper Floor  
174, Rendle Street,  
Plymouth,  
PL1 1TP**

**Telephone  
01752 262233**

**[www.martialartsplymouth.co.uk](http://www.martialartsplymouth.co.uk)**

**CLASS TIME SHEDULE: SPRING/SUMMER 2010**

MSJBBA Approved  
Safety Equipment for  
Training & Sparring

# Master St'James Black Belt Academy

## JUNIOR CLASS SCHEDULE

Spring/Summer 2010

**Only MSJBBA Approved Safety equipment will be permitted in classes. This includes the following;**

### Children:

- 6/8oz boxing gloves
- Shin protectors
- Foot protectors
- Groin guard (when sparring)
- Safety head guard (when sparring)

### Adults:

- 10/12oz boxing gloves
- Shin protectors
- Foot protectors
- Groin guard (when sparring)
- Mouth guard (when sparring)
- Safety head guard (optional/when sparring)

Approved safety equipment is available from the Academy Pro-Shop. Please see our Pro-Shop Sales Manager Kerry, for details.

### Academy Uniform

This Academy has a policy regarding correct uniform.

All students are expected to wear the approved Academy Uniform whilst participating in activities this includes:

- Programme Uniform
- Academy T-Shirt
- Approved Shorts (during summer months)

**BELT OF GRADE MUST BE WORN IN CLASS**

Programme	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Dragons 4 - 5 yrs	4.00 - 4.30	4.00 - 4.30	4.00 - 4.30	4.00 - 4.30		
Lil' Dragons 5 - 6 yrs	4.30 - 5.00	4.30 - 5.00	4.30 - 5.00	4.30 - 5.00	4.30 - 5.00	
Junior Foundation 7 - 14yrs	6.30 - 7.00	5.00 - 5.30	6.30 - 7.00	5.00 - 5.30	5.00 - 5.30	
Junior Intermediate Green - Brown/White Belt	5.00 - 5.45	5.45 - 6.30	5.00 - 5.45	5.45 - 6.30		
Junior Advanced Brown/Black and above	5.45 - 6.30	5.45 - 6.30	5.45 - 6.30	5.45 - 6.30		
Junior Sparring Class Green Belts & Above		6.30 - 7.00		6.30 - 7.00		
Black Belt Club Green Belt and above					5.30 - 6.15	
Masters Club Brown Belt and above					6.15 - 7.00	
Leadership Brown Belt and above						1st Saturday of the Month 10 - 11

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