



Self-Care Arts, L.L.C.

Mind, Body, Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P.M. CLASSES					A.M.	
5 ¹⁵ -5 ⁴⁵ Junior Dragons (Ages 5-7)		5 ¹⁵ -5 ⁴⁵ Junior Dragons (Ages 5-7)	5 ¹⁵ -5 ⁴⁵ Junior Dragons (Ages 5-7)		8 ⁰⁰ -9 ³⁰ Aikido/ Aiki-Jujitsu	No Classes
5 ¹⁵ -6 ⁰⁰ Junior Dragons (Ages 8-12)		5 ¹⁵ -6 ⁰⁰ Junior Dragons (Ages 8-12)	5 ¹⁵ -6 ⁰⁰ Junior Dragons (Ages 8-12)	No Classes	9 ⁴⁵ -10 ⁴⁵ Internal Martial Arts	
6 ¹⁵ -7 ¹⁵ Fighting For Fitness™	6 ⁴⁵ -7 ⁴⁵ Internal Martial Arts	6 ¹⁵ -7 ¹⁵ Fighting For Fitness™	6 ⁴⁵ -7 ⁴⁵ Internal Martial Arts		11 ⁰⁰ -12 ⁰⁰ Mountain Dragon Martial Arts	
7 ³⁰ -9 ⁰⁰ Aikido/ Aiki-Jujitsu	8 ⁰⁰ -9 ⁰⁰ Mountain Dragon Martial Arts	8 ⁰⁰ -9 ⁰⁰ Mountain Dragon Martial Arts	8 ⁰⁰ -9 ⁰⁰ Mountain Dragon Martial Arts		12 ⁰⁰ -1 ⁰⁰ Fighting For Fitness™	
<small>Schedule Effective May 24, 2010</small>						

Mountain Dragon Martial Arts:

Sifu Kelly's specialized Mixed Martial Arts (MMA) program consisting of techniques from Wing Chun Kung Fu, Tomiki Aikido, and Japanese/Brazilian Jujitsu.

Junior Mountain Dragon Martial Arts (Junior Dragons):

Sifu Kelly's Mixed Martial Arts (MMA) program similar to Mountain Dragon Martial Arts with a greater emphasis on self-protection and geared toward the learning of younger students.

Internal Martial Arts:

Health, wellness, and martial applications derived from the Chinese internal arts of Tai Chi, Qigong, Yoga, Baguazhang, Xing Yi, and I Chuan.

Aikido / Aiki-Jujitsu:

The Japanese martial arts of Tomiki Aikido, Jujitsu, and Judo. Considered a "soft" martial art, Aikido focuses on utilizing an opponent's energy to gain control of them with joint locks, throws, and submissions.

Fighting For Fitness™:

Cardio kickboxing program utilizing mixed martial arts techniques designed for endurance, strength, balance, flexibility, and overall fitness.

(All programs require the use of an appropriate uniform and safety gear. Testing by appointment only.)