



Self-Care Arts, L.L.C.

Mind, Body, Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P.M. CLASSES					A.M.	
5¹⁵-5⁴⁵ Junior Dragons (Ages 5-7)	12⁰⁰-1⁰⁰ Mountain Dragon Yoga	5¹⁵-5⁴⁵ Junior Dragons (Ages 5-7)	5¹⁵-5⁴⁵ Junior Dragons (Ages 5-7)		8³⁰-9³⁰ Mountain Dragon Yoga	
5¹⁵-6⁰⁰ Junior Dragons (Ages 8-12)		5¹⁵-6⁰⁰ Junior Dragons (Ages 8-12)	5¹⁵-6⁰⁰ Junior Dragons (Ages 8-12)		9⁴⁵-10⁴⁵ Internal Martial Arts	
6¹⁵-7¹⁵ Fighting For Fitness™	6⁴⁵-7⁴⁵ Internal Martial Arts	6¹⁵-7¹⁵ Fighting For Fitness™	6⁴⁵-7⁴⁵ Internal Martial Arts	No Classes	11⁰⁰-12⁰⁰ Mountain Dragon Martial Arts	No Classes
7³⁰-8³⁰ Aikido/ Aiki-Jujitsu	8⁰⁰-9⁰⁰ Mountain Dragon Martial Arts	8⁰⁰-9⁰⁰ Mountain Dragon Martial Arts	8⁰⁰-9⁰⁰ Mountain Dragon Martial Arts		12⁰⁰-1⁰⁰ Aikido/ Aiki-Jujitsu	
					1⁰⁰-2⁰⁰ Fighting For Fitness™	
<small>Schedule Effective September 7, 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.)