



### **Modern Martial Arts Family Class**

These classes are designed for Parents and/or sons and daughters.

- Warm-up and drill of the week performed together
- The parents/teens work on Adult Program Requirements
- Sons/Daughters aged 7-12 work on Junior Children's Program
- The children aged 5-6 work on Tiger/Dragon Program

We have additional Black Belts/Leadership Team Specialists on hand for this class which runs Monday to Friday at 7pm & Saturday at 12:30pm.