

# Total Confidence Martial Arts Class Schedule

## **Private Lessons**

Private training is the fastest way to get the results you really want! Call today to book your lesson with one of our awesome personal trainers and success coaches. Ask at the front counter for prices and availability.

## **Fight Team**

Train Hard Train to WIN! So you think you got what it takes to be a fighter? **Team Confidence Fight Team** is for adults who want to participate in hard core Muay Thai training. It is INTENSIVE and focused training for adults who wish to compete in Muay Thai or kickboxing. This team is handpicked and is only open to adults brown belt and above with a burning desire to compete and the discipline to live the life of a Muay Thai athlete.

## **Instructor Training**

Teaching martial arts is the best career you can imagine! If you want to work in a healthy environment where you help people and have fun doing it, then you may be right for a career as a martial arts instructor. TCMA has the best instructor training program in the industry. Participants are hand picked and put through a rigorous one year 500 hour course that creates award winning instructors.

### **Children's Student Creed**

*I will be the best Martial Artist I can be by:*

- *Practicing hard*
- *Setting goals so I can go far*
- *Always doing my best*
- *Showing everyone respect*
- *Only using my skills for good*
- *And being polite as a Martial Artist should.*

### **Adult Student Creed**

- *I will develop my body, mind and spirit for the good of myself and everyone.*
- *I will develop self discipline in order to bring out the best in myself and others.*
- *I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical strength.*
- *I will use what I learn in class constructively and defensively and I will never be abusive or offensive.*

# **360-738-1290**

**1305 Fraser Street, D3**

**Bellingham, WA 98229**

*We are located in the Haskell Business Center*

**e-mail: Total\_Confidence@msn.com**

**Online: WWW.TCMA.BIZ**

***You can build an amazing life...If you build it on a solid foundation!***

**Effective January 4th, 2010**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15-7:15 AM</b>	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	<b>7:00-8:00 AM</b> Total Body Fitness
						<b>8:30-10:00 AM</b> Black Belt Preparation Course
						<b>9:00-10:00 AM</b> <b>Adults</b> All Levels
<b>4:00-4:50 PM</b>	<b>Children &amp; Youth</b> ages 5-15 all levels	<b>Children &amp; Youth</b> ages 5-15 all levels	<b>Children &amp; Youth</b> ages 5-15 all levels	<b>Children &amp; Youth</b> ages 5-15 all levels	<b>Children &amp; Youth</b> ages 5-15 all levels	
<b>5:00-6:00 PM</b>	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	
					2nd – 5th degree Black Belts	
<b>6:00-7:00 PM</b>	<b>Adults</b> White Yellow Orange Green	<b>Adults</b> Blue High Blue Purple High Purple Brown High Brown Red High Red	<b>Adults</b> White Yellow Orange Green	<b>Adults</b> Blue High Blue Purple High Purple Brown High Brown Red High Red	<b>Adults</b> All levels	
<b>7:10-8:10 PM</b>	<b>Adults</b> Blue High Blue Purple High Purple Brown High Brown Red High Red	<b>Adults</b> White Yellow Orange Green	<b>Adults</b> Blue High Blue Purple High Purple Brown High Brown Red High Red	<b>Adults</b> White Yellow Orange Green		

<b>6:00-7:30 PM</b>	Competition Team	Competition Team	Competition Team	Competition Team
<b>6:00-7:30</b>	1st degree Black Belts	1st degree Black Belts	1st degree Black Belts	1st degree Black Belts
<b>6:00-8:00 PM</b>	2nd – 5th degree Black Belts		2nd – 5th degree Black Belts	

	Rank
First Year Beginners	White Yellow Orange Green
Second year Intermediate	Blue High Blue Purple High Purple
Third Year Intermediate	Brown High Brown Red High Red
Advanced	Black

