

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 December 1st, 2008



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:15 AM	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	Total Body Fitness	7:00-8:00 AM Total Body Fitness
						8:30-10:00 AM Black Belt Preparation Course
						9:00-10:00 AM Adults All Levels
4:00-4:45 PM	Children ages 5-9 all levels	Children ages 5-9 all levels	Children ages 5-9 all levels	Children ages 5-9 all levels	Children ages 5-9 all levels	
5:00-5:50 PM	Youth Ages 10-15 All levels	Youth Ages 10-15 All levels	Youth Ages 10-15 All levels	Youth Ages 10-15 All levels	Youth Ages 10-15 All levels	
6:00-7:00 PM	Adults White Yellow Orange Green	Adults Blue High Blue Purple High Purple Brown High Brown Red High Red	Adults White Yellow Orange Green	Adults Blue High Blue Purple High Purple Brown High Brown Red High Red	Adults All levels	
7:10-8:10 PM	Adults Blue High Blue Purple High Purple Brown High Brown Red High Red	Adults White Yellow Orange Green	Adults Blue High Blue Purple High Purple Brown High Brown Red High Red	Adults White Yellow Orange Green		

6:00-7:30 PM	Competition Team	Competition Team	Competition Team	Competition Team
6:00-7:30	1st degree Black Belts	1st degree Black Belts	1st degree Black Belts	1st degree Black Belts
6:00-8:00 PM	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

