



MARTIAL ARTS

of WEST END

804 673 5200

(Starting June 21st 2021)

MON A DAY	TUES A DAY	WED B DAY	THURS B DAY	FRI MAKE UP DAY	SAT MAKE UP DAY
5:45pm White Belts	5:45pm Color Belts Live & Zoom	5:45pm White Belts	5:45pm Color Belts Live & Zoom <u>Bring sparring gear</u>		9:00am Black Belts Live & Zoom
6:15pm Yellow to Purple	6:45pm White Belts Live & Zoom	6:15pm Blue to Black <u>Bring sparring gear</u>	6:45pm White Belts Live & Zoom	6:00pm White Belts	10:00am Color Belt
7:15pm Blue to Black	7:15pm Color Belts Live & Zoom	7:15pm Yellow to Purple <u>Bring sparring gear</u>	7:15pm Color Belts Live & Zoom <u>Bring sparring gear</u>	6:30pm Color Belts	11:00am White Belts

Breaking/Self-defense

Breaking/Self-defense

Poomsae/Sparring

Poomsae/Sparring

Make Up/Review

Make Up/Review

!!!!Please order you sparring gear today!!!!

Important Dates

Please visit the web page regularly
for up in coming events.

As well as you will be receiving
emails for updates.

Please join our Face Book page
and groups to stay current.

Aways take a look at our TV in the lobby.

Special Details

*Attend mininum 2 classes per week
on A & B days.

A Classes will Focus on Self Defense and
Kicking drills and breaking techniques.

B Classes will Focus on Poomsae and
Sparring and Sparring drills.

Please bring your sparring gear.

*Make up days are Fridays and Saturdays.

***Testing is every 10 weeks**

To test you must earn **3** Tip on Your Belt.

*Week 6 through 9 are typical Tip Weeks

10454 RIDGEFIELD PKWY. HENRICO VA 23233
WWW.MAWESTEND.COM