

# **IMPACT**

## **MARTIAL ARTS**

## **Class Schedule**

Located inside YMCA Chilton County  
ClantonMartialArts.com / 205-266-0732 / Facebook

### **CHILD DEVELOPMENT (AGES 3-6)**

Our curriculum is infused with the latest understandings in child psychology and development. This means that our martial arts program isn't just a martial arts program, but a child development course.

**TUESDAYS AND THURSDAYS**  
**5:00PM-5:30PM**

### **BEGINNER MARTIAL ARTS CLASSES**

Our Beginner Program teaches all the basic techniques in both Traditional Taekwondo and Sport Karate.

**MONDAYS, TUESDAYS, THURSDAYS**  
**4:30PM-5:00PM**

### **YELLOW-BLACK BELT TRADITIONAL TAEKWONDO**

During this class, students will train in Traditional Taekwondo Forms, Fight Club Drills, Self-Defense, and Fitness.

**MONDAY**  
**5:00PM-6:00PM**

**TUESDAY**  
**5:30PM-6:30PM**

**THURSDAY**  
**6:30PM-7:30PM**

### **YELLOW-BLACK BELT SPORT KARATE**

During this class, students will train in Sport Karate Forms & Weapons, Kick Tricks & Acrobatics, and Point Sparring.

**MONDAY**  
**5:00PM-6:00PM**

**TUESDAY**  
**6:30PM-7:30PM**

**THURSDAY**  
**5:30PM-6:30PM**

### **TEEN/ADULT FIGHT CLUB & MARTIAL ARTS**

This is for ages 13 and Up only. This class is focused more on Kickboxing, MMA, Ground Defense, and Fitness. Also, belt rank advancement in Traditional Taekwondo and level ranking in CDS Filipino Kali/Escrima.

**TUESDAYS & THURSDAYS**  
**7:30PM-8:15PM**

**DAY CLASS**  
**THURSDAYS 1PM**

**For information on Camps, Self-Defense Workshops, and Events**  
**Visit [ClantonMartialArts.com](http://ClantonMartialArts.com)**  
**Follow Us [Facebook.com/ImpactMAClanton](https://www.facebook.com/ImpactMAClanton)**