

# MARTIAL ARTS

All classes are included in a Universal membership. Students are required to purchase a uniform after a 4-week trial period of starting a class. Students are required to bring all sparring gear and appropriate equipment to each class. Students can store their sparring equipment at Universal by renting a locker.

## YOUNG TIGERS Ages 4 & 5

These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main evening program.

## BELT RANKED CLASSES Ages 6 & Up

Yellow, High-Yellow, Green, High-Green, Blue, High-Blue, Red, High-Red, Black  
These classes are for students who have earned the belt rank listed for each class. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

## BLACK BELTS ONLY

These classes are reserved specifically for black belt students ranked 1st Dan and above. These classes focus on helping the student hone the skills they learned as they worked towards 1st Dan black belt. Specifically, students will focus on learning appropriate level black belt poomsae forms, advanced level kicking, and advanced offense and defensive sparring techniques.

## SUMMER CLASS SCHEDULE

Updated 7/9/20

EFFECTIVE MONDAY, JULY 13TH

### YOUNG TIGER CLASS SCHEDULE

Mondays & Wednesdays

5:00 PM – White & Yellow Belts

5:30 PM – High Yellow to Black Belts

### ADULT CLASS SCHEDULE

Mondays, Tuesdays & Thursdays

6:15 PM – White & Yellow Belts

7:00 PM – High Yellow, Green, High Green, Blue Belts

7:45 PM – High Blue, Red, High Red, Black Belts

See your instructor for the most current UACTKD Info Sheet with important announcement about class safety and procedures, as well as details on upcoming tournaments and belt testings.

To subscribe to email and text notifications from Master Oplinger, please email [info@universalathleticclub.com](mailto:info@universalathleticclub.com) with student's name, parent's name and cell phone # so that you can be added to the notifications list.

Martial Arts classes are included in a club membership. "Martial Arts Only" memberships are also available to the general public. Please ask a Member Services Representative for details.



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