



After School Program

Southern Martial Arts

990 South Pine Street. Spartanburg SC, 29302

Phone: (864) 585-8814



Ages 4 & 5 - Little Ninjas

<u>Belt Level</u>	<u>Tuesday/Thursday</u>
Little Ninjas	3:45 - 4:15

Ages 6 & 7 - Mighty Dragons

<u>Belt Level</u>	<u>Monday/Wednesday</u>	<u>Tuesday/Thursday</u>
Mighty Dragons	6:00 - 6:45	4:15 - 5:00

Ages 8 - 12 - Karate Kids

<u>Belt Level</u>	<u>Monday/Wednesday</u>	<u>Tuesday/Thursday</u>
White/Yellow/Orange	3:45 - 4:30	
Blue/Green/Purple	4:30 - 5:15	
Red/Brown/Advanced Brown	5:15 - 6:00	
Black Belts		5:00 - 6:00

Ages 8 to 12 - Karate

<u>Belt Level</u>	<u>Monday/Wednesday</u>	<u>Tuesday/Thursday</u>
White/Yellow/Orange		6:00 - 6:45
Blue/Green/Purple		6:45 - 7:30
Red/Brown/Advanced Brown		6:45 - 7:30

Black Belt Club (Weapons) - Fridays

ROTATING EVERY 3 MONTHS

<u>BO</u>	<u>3:45-4:15</u>	<u>SWORD</u>	<u>3:45-4:15</u>
<u>MUSICAL FORMS</u>	<u>4:15-4:45</u>	<u>KAMAS</u>	<u>4:15-4:45</u>
Sparring (EVERY FRIDAY)	4:45-5:45		

Kids Brazilian Jiu-Jitsu Ages 8 and up

	<u>Mon/Tues/Wed/Thurs</u>
Kids Jiu-Jitsu	5:00 - 6:00

Adult Brazilian Jiu-Jitsu

	<u>Mon/Tues/Wed/Thurs/Fri</u>	<u>Tuesday/Thursday</u>
Basics Jiu-Jitsu		6:00 - 7:00
Advanced Jiu-Jitsu	7:00-8:30	