

MARTIAL ARTS | it's self defense

GRACIE JIU-JITSU AT MEADOWOOD

GRACIE BULLY PROOF

Don't let bullies take away your child's quality of life & happiness.



Ages 5-9

June 4-27

July 2-30*

Aug. 1-29

- M/W, 5:30-6:30 p.m.

June 5-28

July 3-31*

Aug. 2-30

- T/TH, 5:30-6:30 p.m.

Ages 10-13

June 1-29

July 6-20*

Aug. 1-31

- W/F, 5:30-6:30 p.m.

- \$80

- \$60*

- Meadowood

- No class July 4 & July 23-27

Please call 303.739.6891 to register & for availability status. Due to the high-demand of these classes, some are often full & registrants may be added to the waiting list.

COMBATIVES

Ages 13 & older

Students learn the 36 most important techniques in a fun, safe & cooperative training environment.

252905 June 1-29

252904 July 2-30*

252906 Aug. 1-31

- M/W/F, 6:30-7:30 p.m.

- \$130

- \$97.50*

- \$20 drop-in

- Meadowood

- No class July 4 & July 23-27

MASTER CYCLE

Ages 15 & older

Hundreds of advanced techniques are organized into a clearly defined, systematic curriculum. Must successfully complete the skills of Combatives class, or have director approval prior. Equivalent to a martial arts blue belt level of skill.

252909 June 1-29

252908 July 2-30*

252910 Aug. 1-31

- M/W/F, 7:30-8:30 p.m.

- \$150

- \$112.50*

- \$20 drop-in

- Meadowood

- No class July 4 & July 23-27



FAMILY SELF DEFENSE

Ages 12 & older

Practical hands-on instruction that can be worked on together in class & at home! Some ground fighting skills will be introduced. Course ends with mock attack & fight back with padded "attacker".

252958 June 2-30

- Sat., 1-2:15 p.m.

- \$60 (\$50 Resident)

- Beck

SELF DEFENSE KIDS CAMP

Ages 5-14

Learn awareness skills & physical maneuvers to get away from dangerous strangers. You will practice these skills in a mock attack/abduction drill at the end. Your "attacker" will be wearing a padded suit so you can fight back like it was the real thing.

252967 June 4-6

252968 June 18-20

252969 July 16-18

- Mon.-Wed., 9:30-11:30 a.m.

- Village Green

- \$42 (\$35 Resident)

MARTIAL ARTS | it's self defense

TAEKWONDO

This popular Korean Martial art form is a blend of punches, fighting movement, & spinning kicks. All classes are taught in small groups to maximize learning & provide more individual attention. Protective gear will be required for all sparring activities. Students are encouraged to go at their own pace & are progressed as skills are mastered. Uniforms are optional & are available for purchase. Belt testing is also optional & requires affordable additional fees. *All students must complete the Intro to Taekwondo sessions before registering for any Taekwondo class, unless prior martial arts experience.*

BECK RECREATION CENTER

800 Telluride St.

Ages 2 ½-6 (Beginner)

252936 June 2-30

252935 July 2-30

252937 Aug. 1-29

● M/W, 5:30-6 p.m.

● Sat., 8:30-9 a.m.

● 1x per week: \$21 (\$16 Res.) per month

● 2x per week: \$39 (\$30 Res.) per month

Ages 4-6 (Intermediate)

252940 June 2-30

252939 July 2-30

252941 Aug. 1-29

● M/W, 6-6:45 p.m.

● Sat., 9-9:45 a.m.

● 1x per week: \$21 (\$16 Res.) per month

● 2x per week: \$39 (\$30 Res.) per month

Ages 7 & older (Beginner)

252928 June 2-30

252927 July 2-30

252929 Aug. 1-29

● M/W, 5:30-6:30 p.m.

● Sat., 9-10 a.m.

● 1x per week: \$44 (\$34 Res.) per month

● 2x per week: \$80 (\$60 Res.) per month

Ages 7 & older (Intermediate)

252944 June 2-30

252943 July 2-30

252945 Aug. 1-29

● M/W, 6:30-8 p.m.

● Sat., 10-11:15 a.m.

● 1x per week: \$44 (\$34 Res.) per month

● 2x per week: \$80 (\$60 Res.) per month

Ages 10 & older (Advanced)

252932 June 2-30

252931 July 2-30

252933 Aug. 1-29

● M/W, 7-8:30 p.m.

● Sat., 11 a.m.-12:30 p.m.

● Instructor permission required

● 1x per week: \$44 (\$34 Res.) per month

● 2x per week: \$80 (\$60 Res.) per month

Unlimited Monthly Pass

252947 June 2-30

252948 July 2-30

252949 Aug. 1-29

● \$90 (\$80 Resident) per month

● Recommended for 3 or more classes per week

INTRO TO TAEKWONDO

Ages 2 ½ & older

An introduction for students of all ages & their families to the Taekwondo program. This class must be completed or permission given by the instructors before the student can move onto other classes in the Taekwondo program.

252917 June 4-25

252916 July 2-23

252918 Aug. 6-27

● Mon., 6:30-7 p.m.

252923 June 6-27

252924 Aug. 1-22

● Wed., 6:30-7 p.m.

252920 June 2-23

252919 July 7-28

252921 Aug. 4-25

● Sat., 10-10:30 a.m.

● Beck

● \$33 (\$25 Resident)

FAMILY TAEKWONDO

Ages 6 & older

MEADOWOOD

Beginner

252956 June 5-28

252955 July 3-31

252957 Aug. 2-30

● T/TH, 6:45-7:45 p.m.

Intermediate/Advanced

255190 June 5-28

255189 July 3-31

255191 Aug. 2-30

● T/TH, 7:45-8:45 p.m.

EXPO

252891 June 5-28

252890 July 3-31

252892 Aug. 2-30

● T/TH, 5:30-6:30 p.m.

MOORHEAD

Beginner

252952 June 5-28

252951 July 3-31

252953 Aug. 2-30

● T/TH 6:30-7:45 p.m.

Intermediate

256126 June 5-28

256127 July 3-31

253128 Aug. 2-30

T/TH 7:30-8:45 p.m.

● \$55 (\$42 Resident) Single

● \$80 (\$60 Resident) families up to 4

● \$110 (\$90 Resident) families of 5+

TAEKWONDO CAMP

Ages 5-15

Concentrate on developing Taekwondo skills while working on the principles of courtesy, integrity, perseverance & self-control. All levels welcome.

255186 June 4-8

● Moorhead

252971 July 9-13

● Beck

● Mon.-Fri., 2-5 p.m.

● \$100 (\$80 Resident)