

VAMAI

VIRGINIA MARTIAL ARTS INSTITUTE

the **ULTIMATE**
martial arts experience!

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AFTER SCHOOL PROGRAM & SUMMER CAMP

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**Available: After School, Camps, Birthday Parties, Special Events,
School Fundraising, Sponsorships, Community Activities, and more!**

CLASS SCHEDULE

	MON	TUE	WED	THU	FRI
5:40 to 6:30	BEGINNERS WHITE YELLOW ORANGE	GREEN PURPLE BLUE RED BROWN	BEGINNERS WHITE YELLOW ORANGE	KIDS SPARRING	KIDS SPARRING
6:30 to 7:20	GREEN PURPLE BLUE RED BROWN	BEGINNERS WHITE YELLOW ORANGE	GREEN PURPLE BLUE RED BROWN	BEGINNERS WHITE YELLOW ORANGE	OLYMPIC TEAM
7:30 to 8:20	SEMI BLACK ADULTS	SEMI BLACK ADULTS	SEMI BLACK ADULTS	SEMI BLACK ADULTS	PARENTS' NIGHT OUT 6:30 to 10:00

Schedule subject to change ♦ Arrive to class on time ♦ Students must be picked up by end of class time

Schedule 10AM - 5PM reserved for Instructors Training and Special Events

Student Responsibilities

1. When you enter and leave the dojang bow at the entrance toward flags and to all Black Belts.
2. Arrive on time to class with the proper approved uniform and equipment. Do not leave the class without permission from Instructor.
3. Always wear a clean uniform & clean gear. Do not wash your belt or leave it on the floor.
4. Do not face the flags or any Black Belt while tying your belt or fixing your uniform.
5. Personal hygiene is important. Keep nails on hands and feet trimmed to protect yourself and others.
6. Please address all Black Belts as either "sir" or "ma'am," and whenever you approach a Black Belt - bow first and then ask to speak to him/her politely.
7. You must have permission from the Master before you participate in tournament or martial art activity. No contact allowed without an Instructor supervising.
8. All students are responsible for keeping the dojang clean for their own belongings.
9. No food, beverage, smoking, or chewing gum will be allowed in the dojang unless for medical purposes.
10. No profanity, loud talking and no horse playing on Virginia Martial Arts Institute property.
11. Do not teach or attempt to practice techniques that have not been taught without the Instructor's permission.
12. Show respect to your seniors and each other and take it upon yourself to help and encourage your juniors.
13. Learn and have fun.