

USA MARTIAL ARTS

BLUFF PARK TRAINING CENTER

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Visit us on the web at: www.bluffparkdojo.com

KARATE • TAEKWONDO • AIKIDO • AIKI-JUDO

USA Martial Arts Federation (USAMAF) schools provide a unique learning experience; we specialize in teaching a diverse range of martial arts to our students. Our Chong Shin Kwan System, open to all ages, synthesizes Korean TaeKwonDo and Japanese KarateDo with Okinawan Kobudo. Our traditional Japanese Aikido Program, for teens and adults, blends characteristics of both the Aikikai & Yoshinkai Aikido styles. Aiki-Judo, open to ages 7-12, integrates the self-defense and grappling principles of Aikido & Judo. Little Dragons, for children ages 4-6, features energetic exercises to introduce the basics of the martial arts and develop good manners and life skills.

Our students acquire a broad knowledge of the martial arts, develop effective self defense skills, and improve their strength, fitness, discipline, and confidence through class participation. All USAMAF instructors are professionally trained and certified. The Bluff Park Training Center's campus is tucked away in the historic Bluff Park area of Hoover and has a family-oriented environment of positive energy and support.

Call 822-1671 for an appointment to visit our campus or try a free class!

CLASS SCHEDULE Revised: 02•27•14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 – 11:50 AM		Teens & Adults AIKIDO		Teens & Adults AIKIDO		SEMINARS & PRIVATES As Scheduled
12:10 – 1:00 PM		AIKIDO OPEN GYM KARATE		AIKIDO OPEN GYM KARATE		
3:30 – 4:00 PM	For Ages 4-6 LITTLE DRAGONS	For Ages 4-6 LITTLE DRAGONS	For Ages 4-6 LITTLE DRAGONS	For Ages 4-6 LITTLE DRAGONS		
4:10 – 5:00 PM	For Ages 7-12 Jr. KARATE Intermediate I	For Ages 7-12 Jr. KARATE Beginners	For Ages 7-12 Jr. KARATE Intermediate I	For Ages 7-12 Jr. KARATE Beginners	Jr. Team Meetings as scheduled	
5:10 – 6:00 PM	For Ages 7-12 Jr. KARATE Advanced	For Ages 7-12 Jr. KARATE Intermediate II	For Ages 7-12 Jr. KARATE Advanced	For Ages 7-12 Jr. KARATE Intermediate II	Jr. Black Belt Club as scheduled	
6:30 – 7:20 PM	For Ages 7-12 AIKI-JUDO	Teens & Adults KARATE	For Ages 7-12 AIKI-JUDO	Teens & Adults KARATE All Ranks	Adult Black Belt Clubs as scheduled	
7:30 – 8:20 PM	Teens & Adults AIKIDO	Teens & Adults KARATE Advanced	Teens & Adults AIKIDO		Special Seminars as scheduled	
8:30 – 9:20 PM	Teens & Adults AIKIDO Advanced		Teens & Adults AIKIDO Advanced			Adult Team Meetings