



# SCHEDULE OF CLASSES

www.BloomingtonATA.com  
Email: Bosstick@me.com

Effective December 15<sup>th</sup>, 2014

1921 S. Liberty Drive  
Bloomington, IN 47403

**"CREATING TOMORROW'S LEADERS, ONE BLACK BELT AT A TIME!"**

School Hours—Monday-Thursday 12:00-9:00 PM; Friday 4:30-7:30 PM; Saturday 9:00 AM-5:00 PM—All hours subject to special events or scheduled items

MONDAY (AWESOME DAY)	TUESDAY (TERRIFIC DAY)	WEDNESDAY (FUN DAY)	THURSDAY (EXCELLENT DAY)	FRIDAY (FANTASTIC DAY)	SATURDAY (SUPER DAY)
<b>TINY TIGERS &amp; "BIG" TIGERS</b> Kids 3-7 Only					
Kids 3-7 Only <b>ATA TIGERS - A</b> 5:00-5:30 PM		Kids 3-7 Only <b>ATA TIGERS - A</b> 5:00-5:30 PM		<b>FRIDAY &amp; SATURDAY ARE MARTIAL ARTS T-SHIRT, BELT, &amp; PANTS DAY</b>	
Kids 3-7 Only <b>ATA TIGERS - B</b> 5:45-6:15 PM	Kids 3-7 Only <b>ATA TIGERS</b> 5:45-6:15 PM	Kids 3-7 Only <b>ATA TIGERS - B</b> 5:45-6:15 PM	Kids 3-7 Only <b>ATA TIGERS</b> 5:45-6:15 PM		Kids 3-7 Only <b>ATA TIGERS</b> 9:45-10:15 AM
<p>ATA Tiny Tigers is our ATA Early Development Training program. Designed to improve coordination, focus, and increase attention spans of the youngest members of our families; this is a great program for kids' ages 3 to 7. <b>ATA Tigers are required to have their ATA Safety Hand &amp; Feet Gear, as well as the ATA Training Tools</b> (Chuks, Short Stick, and Long Staff). For more information please contact Mrs. Bosstick, our Head Tiny Tiger Instructor.</p>					

<b>Black Belt Training Beginner Program</b> <b>WHITE-YELLOW BELTS</b>					
ATA Family BBT Beginner <b>-YELLOW</b> 5:00-5:45 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA Family BBT Beginner <b>-YELLOW</b> 5:00-5:45 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA Family BBT Beginner <b>-YELLOW</b> <b>TECHNICAL &amp; FORMS</b> 5:00-5:45 PM	ATA Family BBT Beginner <b>-YELLOW</b> 10:30-11:15 AM
ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA Family BBT Beginner <b>-YELLOW</b> 6:15-7:00 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA Family BBT Beginner <b>-YELLOW</b> 6:15-7:00 PM		ATA LEADERSHIP--WHITE--BLACK <b>HYPER TRAINING</b> 11:15 AM-12:00 PM
ATA LEADERSHIP--WHITE--BLACK <b>HYPER TRAINING</b> 7:00-7:30 PM		ATA LEADERSHIP--WHITE--BLACK <b>HYPER TRAINING</b> 7:00-7:30 PM		ATA LEADERSHIP--INVITATION ONLY <b>ATA DELTA/CIT TEAM</b> 6:30-7:15 PM	
<p>White, Orange, and Yellow belts are our beginner level students in ATA Martial Arts. <b>White Belts are required to have the ATA Safety Hand &amp; Feet in each class; Orange Belts must have their Chest Guard; and Yellow Belt students are required to have their Head Gear in addition as well. White-Yellow Belt students are also required to have their Training Tools</b> (Chuks, Short Stick, and Long Staff) <b>as well.</b></p> <p>For more on the Leadership Classes please ask your instructor.</p>					

<b>Black Belt Training Intermediate Program &amp; Advanced Master Club Training Program</b> <b>CAMO-RED BELTS &amp; BLACK BELTS</b>					
ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA LEADERSHIP--BLUE--BLACK <b>MASTER CLUB TRAINING</b> 4:30-5:00 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA LEADERSHIP--BLUE--BLACK <b>MASTER CLUB TRAINING</b> 4:30-5:00 PM	<b>PLEASE CHECK WARRIOR DEFENSE SCHEDULE FOR ADDITIONAL LEADERSHIP TRAINING</b>	
ATA Family BBT Advanced <b>CAMO-RED</b> 6:15-7:00 PM	ATA Family MCT Training <b>BLACK BELTS</b> 5:00-5:45 PM	ATA Family BBT Advanced <b>CAMO-RED</b> 6:15-7:00 PM	ATA Family MCT Training <b>BLACK BELTS</b> 5:00-5:45 PM	ATA Family BBT/MCT Advanced <b>CAMO-BLACK TECHNICAL &amp; FORMS</b> 5:00-5:45 PM	ATA LEADERSHIP--WHITE--BLACK <b>HYPER PRO TRAINING</b> 11:15 AM-12:00 PM
ATA LEADERSHIP--WHITE--BLACK <b>HYPER TRAINING</b> 7:00-7:45 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA LEADERSHIP--WHITE--BLACK <b>HYPER TRAINING</b> 7:00-7:45 PM	ATA LEADERSHIP--WHITE--BLACK <b>ATA SKILL DEVELOPMENT CLASS</b> 5:45-6:15 PM	ATA Family BBT/MCT Advanced <b>CAMO-BLACK SPARRING &amp; COMBAT</b> 5:45-6:30 PM	ATA Family BBT/MCT Advanced <b>CAMO-BLACK TECHNICAL &amp; FORMS</b> 12:00-12:45 PM
ATA Family MCT Training <b>BLACK BELTS</b> 7:45-8:30 PM	ATA Family BBT Advanced <b>CAMO-RED</b> 7:00-7:45 PM	ATA Family MCT Training <b>BLACK BELTS</b> 7:45-8:30 PM	ATA Family BBT Advanced <b>CAMO-RED</b> 7:00-7:45 PM	ATA LEADERSHIP--INVITATION ONLY <b>ATA DELTA/CIT TEAM</b> 6:30-7:15 PM	ATA Family BBT/MCT Advanced <b>CAMO-BLACK SPARRING &amp; COMBAT</b> 12:45-1:30 PM
ATA LEADERSHIP--BLUE--BLACK <b>MASTER CLUB TRAINING</b> 8:30-9:00 PM		ATA LEADERSHIP--BLUE--BLACK <b>MASTER CLUB TRAINING</b> 8:30-9:00 PM		<b>FRIDAY &amp; SATURDAY ARE MARTIAL ARTS T-SHIRT, BELT, &amp; PANTS DAY</b>	
<p>Camo-Red belts are our intermediate &amp; advanced level color belt students in ATA Martial Arts. <b>Camo-Red Belts are required to have All ATA Safety Gear</b> (Head, Hands, Feet, Chest Guard, Face shield, &amp; Mouthpiece; male students...cup &amp; supporter) <b>in each class, as well as all required to their Training Tools</b> (2 Chuks, 2 Short Stick, 2 Sickles, Samurai Sword, Broadsword, and Long Staff).</p> <p><b>Black Belts are now required to have all Black ATA Safety Gear</b> (Head, Hands, Feet, Chest Guard, Face shield, &amp; Mouthpiece; male students...cup &amp; supporter), <b>plus their traditional weapons</b> (2 Chuks, 2 Short Stick, 2 Sickles, Samurai Sword, Broadsword, and Long Staff-mid-range &amp; long-range), <b>in addition Black Belts must have the appropriate ATA Combat Weapon</b> (Single Combat Short Stick, Combat Sword, Double Combat Short Sticks, Combat Staff) <b>for the cycle.</b> Black Belt Class operates on a Theme for the cycle, if there is any additional requirements students will be informed.</p> <p>For more on the Leadership Classes please ask your instructor.</p>					

**ALL students should attend a minimum of 2 Training Classes per week on average.** We recommend spaced repetition in your training, i.e., Monday & Wednesday, Tuesday & Thursday, Monday & Thursday, or some similar spaced Training. **For Even Greater Results, students should attend an additional training class every other week or 2-3-2-3 Training in a month or a total of 10 classes. ATA Leadership Classes only count as a class credit if a student has attended their Rank Specific class that day. Maximum of 2 Class Credits per day.**

**WARRIOR DEFENSE TRAINING**

**SCHEDULE SUBJECT TO CHANGE...FOR ADDITIONAL DETAILS PLEASE CHECK WITH YOUR INSTRUCTOR**



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MONDAY (AWESOME DAY)	TUESDAY (TERRIFIC DAY)	WEDNESDAY (FUN DAY)	THURSDAY (EXCELLENT DAY)	FRIDAY (FANTASTIC DAY)	SATURDAY (SUPER DAY)
<b>KRAV MAGA □ KICK BOXING □ KALI</b>					
Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 4:00-4:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 12:15-1:00 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 4:00-4:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 12:15-1:00 PM		Teen & Adult (13+) <b>WARRIOR KICKBOXING</b> POWERED BY WARRIOR X-FIT 9:45-10:30 AM
Teen & Adult (13+) <b>WARRIOR KICKBOXING</b> POWERED BY WARRIOR X-FIT 6:15-7:00 PM	Teen & Adult (13+) <b>WARRIOR KICKBOXING</b> POWERED BY WARRIOR X-FIT 6:15-7:00 PM	Teen & Adult (13+) <b>WARRIOR KICKBOXING</b> POWERED BY WARRIOR X-FIT 6:15-7:00 PM	Teen & Adult (13+) <b>WARRIOR KICKBOXING</b> POWERED BY WARRIOR X-FIT 6:15-7:00 PM	Teen & Adult (13+) Only <b>WARRIOR KALI</b> ART OF THE BLADE 5:00-5:45 PM	Adult (16+) Only <b>WARRIOR ADVANCED</b> KRAV MAGA 10:30-11:15 AM
Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 7:00-7:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 7:00-7:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 7:00-7:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 7:00-7:45 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 5:45-6:30 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> REALITY SELF-DEFENSE TRAINING 11:15 AM-12:00 PM
Teen & Adult (13+) Only <b>WARRIOR KALI</b> ART OF THE BLADE 7:45-8:30 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> ADVANCED 7:45-8:30 PM	Teen & Adult (13+) Only <b>WARRIOR KALI</b> ART OF THE BLADE 7:45-8:30 PM	Adult (16+) Only <b>WARRIOR ADVANCED</b> KRAV MAGA 7:45-8:30 PM	LEADERSHIP TRAINING—Adult (16+) <b>IMS SPARRING &amp; STRIKING TRAINING</b> 6:30-7:15 PM	Teen & Adult (13+) Only <b>WARRIOR KALI</b> ART OF THE BLADE 12:00-12:45 PM
Adult (16+) Only <b>WARRIOR KRAV MAGA</b> ADVANCED 8:30-9:15 PM	LEADERSHIP TRAINING—Adult (16+) <b>INTEGRATED MARTIAL ARTS SYSTEM (IMS)</b> 8:30-9:15 PM	Adult (16+) Only <b>WARRIOR KRAV MAGA</b> ADVANCED 8:30-9:15 PM	LEADERSHIP TRAINING—Adult (16+) <b>INTEGRATED MARTIAL ARTS SYSTEM (IMS)</b> 8:30-9:15 PM	PLEASE CHECK ATA TAEKWONDO FOR ADDITIONAL LEADERSHIP TRAINING	LEADERSHIP TRAINING—Adult (16+) <b>INTEGRATED MARTIAL ARTS SYSTEM (IMS)</b> 12:45-1:30 PM
<p><b>Become Warrior Strong, with Warrior Kickboxing Training...</b>Warrior Kickboxing Training combines Kickboxing with the muscular strength and endurance training of Warrior X-Fit. In order to get in shape fast, you need to do high intensity, interval training with muscle confusion, that is Warrior X-Fit, plus add the exciting action and cardio workout, of Warrior Kickboxing, you have the greatest workout in the world. <b>Warrior Kickboxing requires Kickboxing Gloves and a resistance band.</b></p> <p><b>Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces.</b> It's also the preferred system for U.S. Military and law enforcement personnel. Krav Maga is not a traditional martial art. Based on simple principles and instinctive movements, this reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and bear hugs, as well as weapons such as guns, knives, and sticks. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. <b>Beginning Krav Maga will require Krav Maga T-shirt &amp; Open Palm Training gloves.</b> Krav Maga has its own rank system separate from that of ATA Taekwondo. <b>Advanced Krav Maga will require Headgear, Shin &amp; Instep Guard, Boxing Gloves, Training Gun, Training Knife, Resistance Band, plus t-shirt &amp; open palm training gloves.</b></p> <p><b>Kali is the indigenous and traditional combat art of the Philippines.</b> With its Cultural and Philosophical values its history traces back more than 1500 to 2000 years in the past. Kali is one of the few remaining traditional fighting arts that cover's everything from kicking, striking, empty hand, subject control, ground fighting, and edge &amp; impact weapons. Based on the art of the blade, Kali utilizes double and single sticks along with empty hand and for adults the knife. <b>Beginning Kids &amp; Teens (9-15) Kali requires Open Palm Training Gloves and a pair of Kali Sticks. Beginning Adult Kali (16+) requires a pair of Kali sticks and a Training Blade. Combat Kali requires a Padded Stick and Open Palm Training Gloves, plus Head Gear and Face Shield.</b></p> <p><b>Integrated Martial Arts System (IMAS) Training will incorporate throws, takedowns, falls, grappling, ground fighting, joint manipulations, and submission, in addition to striking and kicking.</b> These classes are designed to develop additional martial arts combatives beyond striking and kicking. This class incorporates skills from Kickboxing, Muay Thai, Taekwondo, Judo, Jiu-jitsu, Hapkido, Aikido, Wrestling, and more. In addition, this class will cover how to close ranges from striking to grappling and back out again. <b>IMS requires a grappling style uniform; plus IMAS Striking &amp; Kicking and IMAS Integration Training requires IMAS Safety Equipment – Headgear, Face shield, Mouthpiece, Shin &amp; Instep Guards, and Boxing Gloves.</b> Please see instructor for more information.</p>					

## CAPOEIRA TRAINING

Family Training <b>BASIC CAPOEIRA</b> BRAZILIAN MARTIAL ART 7:45-8:30 PM		Family Training <b>BASIC CAPOEIRA</b> BRAZILIAN MARTIAL ART 7:45-8:30 PM		Family Training <b>CAPOEIRA</b> BRAZILIAN MARTIAL ART 1:30-3:00 PM
Family Training <b>ADV. CAPOEIRA</b> BRAZILIAN MARTIAL ART 8:30-9:15 PM		Family Training <b>ADV. CAPOEIRA</b> BRAZILIAN MARTIAL ART 8:30-9:15 PM		
<p>Capoeira is a Brazilian martial art that combines elements of dance and music. Capoeira was developed in Brazil, mainly by descendants of African slaves with Brazilian native influences into the art we know today. It is known by quick and complex moves, using mainly power, speed, and leverage for leg sweeps and kicks. At Bloomington ATA Family Martial Arts, Capoeira encompasses all parts of this beautiful and graceful art...Music, Martial Arts, Self-defense, Culture, and Fitness. We practice Capoeira, under the direction of Professor Rafael Salzano, of Ginga Brasil Capoeira. <b>Capoeira does require a uniform of traditional pants, t-shirt, and cord.</b> Capoeira is a stand-alone Program offered by Bloomington ATA Family Martial Arts.</p>				