



## White Tiger Martial Arts Academy

“Where the entire family can train”

**229-244-4110**

**[www.WhiteTigerAcademy.com](http://www.WhiteTigerAcademy.com)**

### **Programs & Classes**

#### **Taekwondo (TKD)**

Taekwondo is an exciting combination of combat technique, self-defense and sport exercise that can be practiced by the entire family. Students of all ages will notice increases in self-confidence, focus, discipline, agility, strength, flexibility and coordination. For school aged students these attributes can translate into better grades in school and more focus for ADD and ADHD children. Classes are taught on a rotating curriculum for more focused training. All ages are welcome in class so the entire family can train together or there are separate classes for adults.

#### **Brazilian Jiu-Jitsu (BJJ)**

Jiu-Jitsu is a martial art and combat sport that focuses on grappling, and especially ground fighting with the goal of gaining a dominant position and using techniques to force an opponent to submit. It promotes the principle that a smaller, weaker person using leverage and proper technique can successfully defend themselves against a bigger, stronger assailant. BJJ is a perfect compliment to the punching and kicking of TKD. This makes White Tiger students well rounded martial artists.

#### **Mixed Martial Arts (MMA)**

MMA is a full contact sport where a wide variety of fighting techniques are used, including striking and grappling. Our MMA class is for people who want to compliment their BJJ or TKD training, or for people who may want to push their bodies to their limits and see if competing in MMA is for them. This class is a GREAT WORKOUT!

#### **Xtreme White Tiger (XWT)**

One word E-X-C-I-T-I-N-G! A combination of taekwondo, gymnastics and weapons training done in a high energy setting. Based on the very popular XMA our version develops a high degree of coordination, flexibility and muscular strength. XWT allows martial artists to be more creative with their training. In this class students will train with such weapons as the bo-staff, nunchucka's and kama. From the training to the weapons to the XWT uniform everything about the class is fun, exciting and X-TREME!

**Fee Disclosure** – White Tiger Martial Arts Academy wants you to be completely aware of all fees associated with the martial arts program. Below you will see our fees, and rules pertaining to the fees.

**Tuition** – Tuition is the fee you pay that entitles you to attend classes at White Tiger Martial Arts Academy. These prices are for either the Taekwondo or Jui-Jitsu program. Programs can be interchanged. For example, one family member can be in the Taekwondo program and another in the Jiu-Jitsu program. Prices for the Mixed Martial Arts or Extreme White Tiger classes are listed separate (see Extreme White Tiger and Mixed Martial Arts Classes listing)

<b><u>Membership</u></b>	<b><u>Monthly</u></b>	<b><u>Quarterly</u></b>	<b><u>Semiannual</u></b>	<b><u>Annual</u></b>
Individual	\$89	\$255	\$485	\$920
*Two Family Members	\$155	\$425	\$830	\$1615
*Three Family Members	\$215	\$615	\$1180	\$2250
*Fourth Family Member	<b>Free</b>			

**\*Family members** - Include a spouse (including a valid common law marriage) and eligible dependent children. Eligible dependent children must be unmarried and under age 22. Eligible dependent children include your natural children, adopted children, stepchildren (if they live with you in a regular parent-child relationship), recognized natural children and foster children (if they live with you in a regular parent-child relationship).

**Extreme White Tiger and Mixed Martial Arts Classes** – These classes are taught one time per week and the costs of either class is \$50/month or an additional \$25/month if combined with either the Taekwondo or Jiu-Jitsu programs.

**Promotion Fees** - Promotion fees are only paid when the student tests for new rank. The fee includes the new belt, and certification of rank. Testing fees are \$50 for ranks below Black Belt.

**Joiners/Association Fee (\$100)** – A one time fee that covers all administrative fees and association dues.

**Uniform** – The Taekwondo uniform is \$30. The Jiu-Jitsu uniform is \$70. Both uniforms include the White Belt

- Tuition must be paid via Electronic Funds Transfer OR at least quarterly for those not comfortable with the Electronic Funds Transfer.
- All fees are nonrefundable.
- Electronic Funds Transfer will draft on the 1<sup>st</sup> of the each month, or the first business day of the month

### **Class Schedule**

All classes are 1 hour in length. Always bring sparring gear to class. Always wear full uniform for rank promotions or special events.

#### **Taekwondo (TKD) – 2 Classes/Week**

Ranks	Mon	Tue	Wed	Thur	Fri	Sat
White, Orange, Yellow	5:30		5:30			
Green, Senior Green, Purple	6:30		6:30			
Blue, Brown, Red		5:30		5:30		
Senior Red, Phase I BB, Phase II BB		6:30		6:30		
Black Belts & Adults (All ranks)		7:30		7:30		

#### **Brazilian Jiu-Jitsu (BJJ) – 2 Classes/Week**

Ranks	Mon	Tue	Wed	Thur	Fri	Sat
All ranks (Ages 13+)	7:30		7:30			

#### **Mixed Martial Arts (MMA) and Extreme White Tiger (XWT)**

	Mon	Tue	Wed	Thur	Fri	Sat
Xtreme White Tiger (XMA Training)					5:30	
Opon Mat					6:30	
Mixed Martial Arts (MMA) (6-12 yrs)						9:30
Mixed Martial Arts (MMA) (13+ yrs)						10:30