



Tiger Academy Youth Schedule

Specializing in Personal Development and Practical Self-defense

www.TigerAcademyOnline.com

Tiny Tiger Stand & Defend™ - Ages 3 – 4 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels		4:00 -4:30		4:00 – 4:30	10:00 -10:30

Tiger Cubs Stand & Defend™ - Ages 5 – 6 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
White – Jr. Orange	4:45 – 5:25	4:45 – 5:25 5:45 – 6:25	4:45 – 5:25	4:45 – 5:25 5:45 – 6:25	10:00 – 10:45
Jr. Green & Up	5:30 – 6:15		5:30 – 6:15		10:00 – 10:45
Enrollment Tour No Belt Level	6:00 – 6:30		6:00 – 6:30		1:00 – 1:30

Tiger Youth Stand & Defend™ - Ages 7 – 12 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White – Orange	4:00 – 4:45 4:45 – 5:30	6:00 – 6:45	4:00 – 4:45 4:45 – 5:30	6:00 – 6:45	4:00 – 4:45	11:00 – 11:45
Enrollment Tour No Belt Level	6:00 – 6:30		6:00 – 6:30			1:00 – 1:30
Green – 1 st Purple	5:30 – 6:20	4:45 – 5:30 6:45 – 7:30	5:30 – 6:20	4:45 – 5:30 6:45 – 7:30	4:45-5:30	12:00 – 12:45
Blue - Black	6:30 – 7:30	4:45 – 5:45 6:45 – 7:30	6:30 – 7:30	4:45 – 5:45 6:45 – 7:30	4:45-5:30	12:00 – 1:00

Tiger Youth Control and Roll™ - Ages 7 – 12 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday
All Levels	5:30 – 6:15		5:30 – 6:15		5:30 – 6:15

The 3rd Friday and Saturday of the month is Level Testing. There are no classes on these Days. Candidates for Level Testing will be notified by letter and email.

Stand & Defend™ - is Tiger's core Self-defense program. It was designed to teach students the most effective martial arts techniques from the Arts of Japanese Karate Do and Muay Thai Kick Boxing. Our goal is to ensure student safety in a real life self defense situation and promote Confidence, Discipline, Respect and Honor.

Control & Roll™ - This program uses the principles found in **Gracie Jiu Jitsu**, where leverage, positioning, and technique are used to control a larger and stronger opponent. Your child will learn basic evading techniques such as sweeps and throws, as well as joint manipulations, in order to control an attacker.

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