



PA-KUA

An ancient knowledge for modern times, Pa-Kua is a comprehensive art based on the Pa-Kua symbol encompassing many elements of Chinese philosophy. Classes will range in subject from Martial Art to self defense to ancient weapons!

Tuesday	Thursday	Friday
8:00 Tai Chi	8:00 Sword	6:15 Acrobatics 7:15 Martial Arts

PREREQUISITES: Must meet instructor approval to enter class.

SPECIAL NEEDS

Part of the Aim High mission is to assist in the physical education of adults and kids with developmental disabilities. Students will learn and develop balance and control along with focus, self-discipline, respect and more in this high energy, fun class taught by people who care!

Thursday	Saturday
6:00P kids	1:00P adults

PREREQUISITES: Must meet instructor approval to enter class.

SPARRING

Sparring classes are especially for those who want to take their training to a higher level through the application of the techniques practiced in class. Through a series of drills and rounds, the goal of sparring class is to improve a student's understanding of balance, timing, distance, accuracy, control, sportsmanship, and more!

Tuesday	Thursday	Saturday
5:45 KIDS	7:45 ADULTS	12:30PM Olympic TKD

PREREQUISITES: Green belt or higher with full sparring gear or instructor approval. Must be in good physical health with no major ailments. Adult sparring is 13yrs & older. Gear Required

WEAPONS

The weapons program is designed to improve one's self-awareness as it extends out into a handheld weapon. From Escrima sticks to Bokken and Shinai, Bo and Jo staff, even Katana!

Tuesday	Thursday
5:45	8:00 Pa-Kua Sword

PREREQUISITES: Attendees are subject to instructor approval.

FAMILY CLASS

Want the chance to train with your kids? This class is for you! Open to all belt ranks and levels, this low impact, fun class will cover the basics of the curriculum at all belt levels. Emphasis is on having fun, building confidence between siblings, role modeling, and meeting other families who like to train together. Families work together in parent and sibling groups.

Wednesday
6:30

PREREQUISITES: Open to all ranks and ages. Must attend with family members.

TRICKING

An eclectic blending of gymnastics, advanced kicking and free running, Tricking has made its way onto the big screen in movies over recent years! Train alongside the Greater Than Gravity team as you learn to fly through the air and move like a pro!!

Sunday
12:00PM Advanced
1:00 8-12 yr. Beginners
1:45 13 & up Beginners

PREREQUISITES: Attendees are subject to instructor approval

JEET KUNE DO

Jeet Kune Do is a hybrid Martial Arts system founded by late Martial Artist Bruce Lee with direct, non-classical and straightforward movements. Over time, you will learn to use minimal movement to achieve maximum effect and extreme speed!

Monday
5:30

PREREQUISITES: Attendees must meet minimum age requirement (13 yrs.)

FORMS

For those of you who are fans of traditional movements put together into well thought out patterns, this class is for you! Your learning curve will increase with each form, accompanied by an increase in strength, flexibility and stamina!

Thursday
5:45

PREREQUISITES: Must be a current student and have gone through an introductory lesson. Recommended for Orange Belts & above.

FIT BLAST

FitBlast is an intense mix of aerobic and anaerobic exercises sure to make you sweat! Whether you want to lose a few pounds or just increase your stamina, FitBlast is a perfect fit for you. Our knowledgeable fitness instructors will take you through an hour of pure anabolic pleasure; where impossible, is nothing.

Monday	Friday
6:30	6:00

PREREQUISITES: It is highly recommended that participants consult a physician before starting any high intensity training program. Proper attire required.

DEMO TEAM

The Demo Team is Aim High's very own performance team!! From shows at Relay for Life to the main stage at the Pacific Jewel Nationals Martial Arts tournament, this group is action-packed and full of energy!!

Saturday	Saturday
11:00AM Junior Varsity	12:00PM Varsity

PREREQUISITES: Team members must be Green Belt or higher and demonstrate the skills they would bring to the team in front of a panel of judges.