

AMERICAN MARTIAL INSTITUTE

(360) 373-0241 americanmartialinstitute.com

2010 SPRING CLASS SCHEDULE

4/5/2010 – 6/19/2010 see Complete Course Catalog @ americanmartialinstitute.com for descriptions & prerequisites

• Practice Labs are FREE practice times with instructor supervision and open to all registered students.

Time	Mon	Tues	Wed	Thur	Fri	Time	Sat
5 PM	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones TJFM-101 Taijiquan 24 Short Form I (requires Study CD)	Daifu Jack Jones GNFD-101 Foundation of Martial Arts - Stances (requires Study CDs)	Daifu Jack Jones WCDS-701 Intercept Skills VII	8 AM	Daifu Jack Jones TJDS-601 Taijiquan Fighting Skills I to X
				Daifu Jack Jones TJFM-208, Taijiquan 108 Long Form VIII	Daifu Jack Jones GNFD-402 Fajing Power Training II		
6 PM	Daifu Jack Jones Private lessons by appointment only	Shixiong Victor FREE PRACTICE LAB	Daifu Jack Jones FREE PRACTICE LAB	Daifu Jack Jones GNFD-102 Basic Kicks (requires Study CD)	Daifu Jack Jones LFFS-101 Long Fist Fighting Skills I	9 AM	Daifu Jack Jones FREE PRACTICE LAB
				Daifu Jack Jones TJDS-202 Double Sticky Hands II			
7 PM	Shifu Steve Ward FREE PRACTICE LAB	Shixiong Victor Young TJFD-101 Taiji Hand Patterns I (requires Study CD)	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones LLSK-101 to 110 Djembe (jembay) African Hand Drum (requires drum, music stand, & book)	10 AM	Daifu Jack Jones WCFM-202 Kong Shou Dui Gun “empty hand vs staff” form
	Shifu Steve Ward LFFM-105 Gong Li Quan “Power Training” form				Daifu Jack Jones GNFD-303 Narrow-Blade Sword Fundamentals		
	Shifu Steve Ward LFFM-201 Yi Lu Mai Fu “1 st way of ambush” form	Shixiong Victor Young TJFD-102 Moving Fundamentals I	Daifu Jack Jones GNFD-304 Double Short Weapon Fundamentals	11 AM	Daifu Jack Jones Private lessons by appointment only		