

## AMERICAN MARTIAL INSTITUTE

(360) 373-0241 americanmartialinstitute.com

### 2009 SUMMER CLASS SCHEDULE

7/6/09 – 9/19/09 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 WCDS-501 Intercept Skills V	Daifu Jack Jones GNFD-101 Foundation of Martial Arts - Stances (requires Study CDs)	Daifu Jack Jones TJFM-201 Taijiquan 108 Long Form I	8 AM	Daifu Jack Jones TJFM-301 Taijiquan Two Person Form I
			Daifu Jack Jones TJFM-205, Taijiquan 108 Long Form V				
6 PM	Shifu Steve Ward LFFM-104 Long Fist Fundamental Forms II - Tantai	Shixiong Victor  FREE PRACTICE LAB	Daifu Jack Jones  FREE PRACTICE LAB	Daifu Jack Jones GNFD-102 Basic Kicks (requires Study CD)	Daifu Jack Jones TJFM-101 Taijiquan 24 Short Form I (requires Study CD)	9 AM	Daifu Jack Jones  FREE PRACTICE LAB
	Shifu Steve Ward LFFM-102 Lian Bu Quan Form Fundamentals				Daifu Jack Jones TJDS-101 Single Sticky Hand Skills I		
7 PM	Shifu Steve Ward  FREE PRACTICE LAB	Shixiong Victor Young TJFD-101 Taiji Hand Patterns I (requires Study CD)	Daifu Jack Jones LFDS-101 Dodge & Kick Skills I	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones LLSK-101 & 102 Djembe (jembay) African Hand Drumming (requires drum)	10 AM	Daifu Jack Jones TJDS-501 Cane Fighting Skills I
					Daifu Jack Jones FREE PRACTICE LAB		