

**AMERICAN MARTIAL INSTITUTE**

(360) 373-0241 americanmartialinstitute.com

**2010 WINTER CLASS SCHEDULE**

1/4/2010 – 3/20/2010 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-207 Double Sticky Hands VII
			Daifu Jack Jones TJFM-207, Taijiquan 108 Long Form VII		Daifu Jack Jones GNFD-401 Fajing Power Training I		
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 LFDS-301 Kick & Dodge Skills III	9 AM	Daifu Jack Jones  FREE PRACTICE LAB
				Daifu Jack Jones TJDS-102 Single Push Hands II			
				Daifu Jack Jones TJDS-201 Double Sticky Hands I			
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-101-104 Djembe (jembay) African Hand Drumming (requires drum)	10 AM	Daifu Jack Jones GNFD-601 Heavy Bag & Target Training I
	Shifu Steve Ward TJWF-102 Taijiquan Broadsword II						
	Shifu Steve Ward LFWF-101 Qi Xing Dao Broadsword	Shixiong Victor Young TJFD-102 Moving Fundamentals I			Daifu Jack Jones FREE PRACTICE LAB	11 AM	Daifu Jack Jones TJDS-501 Cane Fighting Skills I