

AMERICAN MARTIAL INSTITUTE

(360) 373-0241 americanmartialinstitute.com

2008 SUMMER CLASS SCHEDULE

6/30/08 – 9/13/08 see Complete Course Catalog @ americanmartialinstitute.com for descriptions & prerequisites

• Practice Labs & Physical Workout 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 Private lessons by appointment only	Daifu Jack Jones WCDS-202 Short Defense	Daifu Jack FREE PRACTICE LAB	Daifu Jack FREE STRETCHING WORKOUT	Daifu Jack TJFM-206, Taijiquan Long Form VI	8 AM	Daifu Jack GNDS-202 Staff Intercept skills I
					Daifu Jack TJFM-208, Taijiquan Long Form VIII		
6 PM	Shifu Steve Ward GNFD-302 Short Weapon Fundamentals	Daifu Jack Jones & Shixiong Victor Young GNFD-301 Long Weapon Fundamentals	Daifu Jack TJFD-101 & 102 Hand Patterns I & II (requires Study CD)	Daifu Jack GNFD-101 Foundation of Martial Arts - Stances (requires Study CD)	Daifu Jack WCDS-101 Intercept Skills I	9 AM	Daifu Jack FREE PRACTICE LAB Daifu Jack FREE STICKY HANDS PRACTICE LAB
	Shifu Steve Ward TJWF-101 Taijiquan Broadsword I		Daifu Jack LFFM-102 Lian Bu Quan Form Fundamentals (requires Study CD)		Daifu Jack WCDS-301 Intercept Skills III		
			Daifu Jack LFFM-102 Lian Bu Quan Form				
7 PM	Shifu Steve Ward FREE PRACTICE LAB	Shixiong Victor FREE PRACTICE LAB	Daifu Jack TJDS-101, 102, & 103 Single Sticky Hand Skills I, II, & III	Daifu Jack GNFD-102 Basic Kicks (requires Study CD)	Daifu Jack FREE PRACTICE LAB	10 AM	Daifu Jack TJDS-206 Double Sticky Hand Skills VI
			Daifu Jack TJFM-101 & TJFM-102 Taijiquan 24 Short Form I & II (requires Study CD)	Daifu Jack GNDS-201 Qinna Joint Lock Techniques II	Daifu Jack FREE LONG FIST FIGHTING SKILLS PRACTICE LAB		

