

AMERICAN MARTIAL INSTITUTE

(360) 373-0241 americanmartialinstitute.com

2012 WINTER CLASS SCHEDULE

1/2/2011 – 3/17/2012 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 LFFM-103 Lian Bu Quan, Long Fist form	Daifu Jack Jones Private lessons by appointment only	8 AM	Daifu Jack Jones TJDS-601 to 699 Taijiquan Fighting Skills
				Daifu Jack Jones GNFD-102 Basic Kicks (requires Study CD)			
6 PM	Daifu Jack Jones TJFM-301 to 399 Advanced Taijiquan Forms Continuing Ed.	Shixiong Victor FREE PRACTICE LAB	Daifu Jack Jones FREE PRACTICE LAB	Daifu Jack Jones GNFD-101 Foundation of Martial Arts - Stances (requires Study CDs)	Daifu Jack Jones WCFM-102 Shang Xia Zi, White Crane 2-person form	9 AM	Daifu Jack Jones FREE PRACTICE LAB
		Shixiong Victor Young TJFD-101 Taiji Hand Patterns I (requires Study CD)		Daifu Jack Jones LFFD-101 Long Fist Stepping Strategies			
7 PM	Shifu Steve Ward FREE PRACTICE LAB	Shixiong Victor Young TJFD-102 Moving Fundamentals I (requires Study CD)	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones Private lessons by appointment only	Daifu Jack Jones Private lessons by appointment only	10 AM	Daifu Jack Jones GNFD-304 Double Short Weapon Fundamentals
	Shifu Steve Ward GNDS-102 Leg Seal, Grab, & Escapes Techniques						Daifu Jack Jones LFWF-502 Rope Dart Form
						11 AM	Daifu Jack Jones Private lessons by appointment only