

CLASS DESCRIPTION & SERVICES

TRADITIONAL TANG SOO DO - With origins over 2000 years old, this comprehensive system of martial arts is easily taught and adaptable for people of all ages.

BEAR CUBS - Suitable for the little ones ages 3, 4, 5. A fast-paced class loaded with fun drills which emphasizes key principles and movement of the Tang Soo Do system.

JIU JITSU - An ancient system of ground fighting taught for a modern day world. This class will teach take downs, proper falling, how to gain position, grappling and wrestling techniques. Advancing students will learn locks and submission techniques.

MIXED MARTIAL ARTS - The fastest growing sport in the world today. MMA combines traditional striking martial arts with boxing, Jiu Jitsu, wrestling and Muai Thai. Whether the student aspires to enter the cage for competition or wants a comprehensive fighting system, this class delivers.

MMA FIT - Ever wonder why MMA athletes are some of the best conditioned athletes in the world today? Well, they train this way! This is a fast-paced, fun way to get in shape at YOUR level. Never boring, always changing, this class uses your body as resistance as well as weights and other training aids. It's time to get in the best shape of your life.

KETTLEBELL AND CONDITIONING - Kettlebell technique is age old and proven. This class will inspire you to look and feel your best. Certified instructors will guide you through a total body workout. As lean muscle mass and aerobic capacity increases students advance to heavier weight and advanced technique. **** Students of Kettlebell must complete Kettlebell technique and form class prior to enrolling in regular class.**

GROUP OR PRIVATE LESSONS - Whether one-on-one or with a group of friends, a lesson with one of our instructors will help you realize your goals.

KETTLEBELL BOOT CAMP - A mandatory seminar on proper Kettlebell technique. After completing this seminar the student should feel comfortable entering a regularly scheduled class. Form and technique is taught by certified instructors to lessen risk of injury and to maximize results.

WEAPONS TRAINING - A hands-on class using sword, staff, knife and other weapons in a safe and informative setting. Students will feel confident in using a weapon for self defense or in competition. A great complement to Tang Soo Do empty hand style. Youth student entering program must be approved by instructors.

WOMEN'S SELF DEFENSE - Minimum enrollment of 5 to book a self defense seminar. Learn situational awareness, escape maneuvers and effective street self defense techniques for all ages and abilities. Class taught by certified ATA and AVADE™ instructor. Seminar can be one class or a 6-week program.

Includes a copy of *Be Safe Not Sorry: The Art and Science of Keeping You and Your Family Safe from Crime and Violence*, by Dave Fowler, Master instructor and creator of the AVADE™ system.

YOGA PLAYGROUND - Free play followed by a structured kids yoga lesson with "Miss Lorri" from *School House In The Woods!* Kids will learn balance and gain strength with fun stretching poses. A great compliment before or after youth karate or Bear Cubs. Afterschool was never this much fun!

FACILITY ACCESS - For birthdays / private parties / functions or seminar. \$75 up to 3 hours additional hours \$20 per hour.

Please check our calendar and schedule for up to date classes and events.

BLACK BEAR MARTIAL ARTS CENTER

114 South Boyer • Sandpoint, ID 83864 • 208-255-1111 • blackbeartangsoodo.com

2013 MONTHLY TUITION

YOUTH TANG SOO DO

1 month trial with uniform \$55.00 (value \$105.00)
* Includes weapons, Jiu Jitsu classes and board breaking
Auto withdrawal monthly after first month \$75.00

ADULT TANG SOO DO

1 month trial with uniform \$75.00 (value \$145.00)
*Includes weapons, board breaking
Auto withdrawal monthly after first month \$95.00

MIXED MARTIAL ARTS / JIU JITSU PROGRAM

1 month trial \$75.00 (value \$95.00)
Auto withdrawal monthly after first month \$95.00

ALL ACCESS

1 month trial \$115.00 (value \$150)
Tang Soo Do, MMA, Jiu-Jitsu, Fitness Room and
Fitness Classes. Auto withdrawal monthly \$150.00

*First two family members enrolled, rest of family free
(up to 4 family members).*

** Applies only to Tang Soo Do or MMA (uniform excluded).*

PUNCH CARD OPTION

You may access any individual class or use Fitness Center as you wish. 10 punch card \$135. Card expires 3 months after purchase. Seminars are excluded.

PRIVATE LESSONS/PERSONAL TRAINING

One-one-one \$35 per hour.
Semi-private: (2 people) \$20 per hour each;
(3 people) \$15 per hour each.
(4 people) \$12 per hour each.
(5+ people) \$10 per hour each.

SEMINAR with Mixed Martial Legend Trevor Prangley
Free to MMA / Jiu Jitsu students (seminars are bi monthly).
\$20 for all others. All other seminars, check website or front desk for current prices.

GENERAL FITNESS ROOM AND FITNESS CLASS MEMBERSHIP* \$50/month \$40/month for members of Tang Soo Do or MMA Programs. * *Yearly rates available.*

WOMEN'S SELF DEFENSE

Up to 5 people for 2-hour seminar. \$40 per person.
6-week program on Friday nights for 1 hour, \$115 per person.

KETTLEBELL BOOT CAMP

A mandatory 2 hour comprehensive seminar covering form to maximize safety and technique. Upon completion of this seminar the student will be prepared to join classes and work with the bells. \$50

YOGA PLAYGROUND

Yoga for kids with fun twists! Free to youth karate students.
\$20 monthly for Bear Cub students on date of Bear Club class
\$75/month for public, unlimited;
\$45/month up to 2 classes weekly

Testing, seminar fees, equipment, uniform, apparel purchase, excluded and are DUE AT TIME OF SERVICE or PURCHASE.

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