

## About our Classes

### Champions (Ages 4-5)

Our Champions Martial Arts Program is specifically designed for preschool aged children getting their start in the martial arts. Each class is a positive, rewarding experience that is filled with exciting and fun drills designed to develop your child's physical fitness, motor skills, focus, and life skills.

### Juniors (Ages 6-12)

Our Juniors Martial Arts Program will develop your child's self-discipline, self-control and respect. Our classes are full of safe, high-energy drills that will increase physical fitness levels, channel aggression, develop a strong foundation in the martial arts and teach your child valuable life skills. Beginner level programs are perfect for students with little or no previous experience, and the change you will see in your child will be unbelievable.

### Adults (Ages 13 +)

Our Adult Martial Arts Program has been designed to improve physical fitness, develop strength and flexibility and decrease stress for adults. Our modern martial arts curriculum offers something for everyone and challenges students to achieve their personal best, while keeping classes fun and exciting. No previous experience is necessary to begin enjoying the countless benefits of the martial arts.

### Black Belt Club Training Program

The Black Belt Club Program is designed for students of all ages who have made a commitment to living the Black Belt Lifestyle. The curriculum offered at this level is more challenging, and prepares students for their Black Belt by giving them exposure to all areas of the martial arts. Acceptance to Black Belt Club is by invitation only; students interested in more information about this program or acceptance requirements should speak with their instructor.

## Pride Martial Arts Academy

Williamsville Class Schedule - Effective February 1<sup>st</sup>, 2010



### Students Responsibilities

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| <ol style="list-style-type: none"> <li>1. Arrive 5-10 minutes prior to scheduled class</li> <li>2. Keep uniforms neat, clean and odor-free</li> <li>3. Do not disturb classes in progress</li> <li>4. Bring all appropriate weapons and gear to class</li> <li>5. Always show respect to instructors and students</li> <li>6. Display Black Belt discipline at all times</li> <li>7. Attend class regularly</li> <li>8. Please call the school if you will be missing class</li> </ol> | <ol style="list-style-type: none"> <li>9. Please refer to instructors by title or "Sir/Ma'am"</li> <li>10. For your safety, do not wear jewelry in class</li> <li>11. Please keep finger/toenails clean and trimmed</li> <li>12. Only students are allowed in the training area</li> <li>13. <b>Adults:</b> Please bring a small towel to class to wipe down equipment after use</li> <li>14. <b>Come to each class with an open mind and a Black Belt Attitude!</b></li> </ol> |
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Instructor Training	11:00 - 12:00 All Adults	10:00 - 11:00 Instructor Training	11:00 - 12:00 All Adults	10:00 - 11:00 Instructor Training	<b>Champions 4 - 5 Juniors 6 - 12 Adults 13 &amp; Up</b>
4:00 - 4:45 Champions	4:00 - 4:45 Champions	4:00 - 4:45 Champions	4:00 - 4:45 Champions	4:00 - 4:45 Champions	9:00 - 9:45 Champions
5:00 - 5:45 Junior Basic	5:00 - 5:45 Junior BBC	5:00 - 5:45 Junior Basic	5:00 - 5:45 Junior BBC	5:00 - 5:45 Junior BBC	10:00 - 10:45 Junior Basic
6:00 - 6:45 Junior BBC	6:00 - 6:45 Junior Basic	6:00 - 6:45 Junior BBC	6:00 - 6:45 Junior Basic	6:00 - 6:45 Adult BBC	11:00 - 11:45 Junior BBC
7:00 - 7:45 Adult Basic	7:00 - 7:45 Adult BBC	7:00 - 7:45 Adult Basic	7:00 - 7:45 Adult BBC	7:00 - 7:45 Reserved	12:00 - 12:45 All Adults
8:00 - 8:45 Adult BBC	8:00 - 8:45 Adult Basic	8:00 - 8:45 Adult BBC	8:00 - 8:45 Adult Basic	8:00 - 8:45 Reserved	1:00 - 3:00 Reserved

## About Our School

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### The Martial Arts Legacy

The Martial Arts have been practiced in one form or another for thousands of years. Originally designed to teach hand-to-hand and weapons combat skills, the Martial Arts have evolved into a journey of self-discovery, personal excellence and growth. The founding Masters of all the Martial Arts styles stressed that the Martial Arts were not about fighting, but about self-improvement.

### We Offer Dynamic Martial Arts Training

Our training system has been developed to be the most advanced form of Martial Arts available today. We blend traditional Tae Kwon-Do with Muay Thai Kickboxing, Jiu-Jitsu, Modern Self-Defense, Weapons Training and more into a Dynamic Martial Arts System. Classes are high-energy and taught by professional instructors to give you the best training experience possible.

### Our Instructors Make the Difference!

Each Black Belt Instructor within our schools has been handpicked and trained by Master Patterson. They not only represent some of the most skilled and dedicated martial artists in the world, but they are also world class role models and mentors. As a student, you will benefit from the passion, energy and commitment that the Instructors bring to the Martial Arts.

### We Teach the Black Belt Lifestyle

We believe that the Martial Arts is about more than just kicking and punching. It is about the growth and development of its practitioners. We teach and encourage all of our students to live a Black Belt lifestyle that promotes mental, physical and emotional health.

## Refer a Friend – VIP Program

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Our school's VIP Referral Program makes it easy for you to share the benefits of training in the Martial Arts with a friend or family member! Just ask your Instructor for a VIP Card to give to your guest. The VIP Card entitles them to a FREE 2 Weeks of Classes! We also offer special gift packages for purchases that include 1 Month of Classes and a School Uniform... everything your referral will need to get started in their Martial Arts Training!

## Frequently Asked Questions

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### What should I wear to my first class?

Students should wear a clean school uniform to class. If you are a new student and have not received your uniform yet, you should wear clean, loose fitting clothes.

### What should I do if I arrive late to my class?

If you arrive a few minutes late to class, quietly change into your uniform, then bow and step onto the training floor. Quietly pull your attendance card, bow to the instructor, and then join the class.

### What should I do if I am going to miss class?

If you are going to miss class, please call the school to let us know. Also, please let us know ahead of time if you will be missing an extended amount of time for any reason.

### What am I going to learn in my first class?

Our Basic Classes are designed to give new students an introduction to what Martial Arts training is. You will learn basic techniques, punches, kicks, blocks, self defense techniques and more. You will also learn the fundamental exercises, drills and stretches that will get your body into fighting shape!



**PRIDE**

**MARTIAL ARTS**

*"Building A Safer Community,  
One Family At A Time"*

**Williamsville Place Plaza**

**Williamsville, NY**

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Williamsville, N.Y. 14221

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**Pride Martial Arts Academy**



# PRIDE MARTIAL ARTS ACADEMY

5451 Sheridan Drive, NY 14221 (Williamsville Place Plaza)

www.AmherstPrideMMA.com • (716) 565-0202

## How to use our “Flexible” Schedule

1. Select 3 class times per week
2. BBC Weapons will be taught on “A Days”
3. Weapons not taught every cycle
4. Please call if you will be out for extended time

## SUMMER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A Day	A Day	B Day	B Day	C Day	C Day
10:00 – 11:00 Instructor Training	11:00 – 12:00 All Adults	10:00 – 11:00 Instructor Training	11:00 – 12:00 All Adults	10:00 – 11:00 Instructor Training	<b>Champions 3-5 Juniors 6-13 Adults 13 &amp; Up</b>
4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	9:00 – 9:45 Champions
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### **HAVE YOUR BIRTHDAY PARTY HERE WITH US!!!**

**Just bring your camera, sit back and enjoy – we do all the work!!**

Each 90-minute party includes an exciting Martial Arts class, pizza and drinks, party supplies and VIP passes for all guests!

**Contact Master Patterson for details!!**

### **Share The Benefits Of The Martial Arts!!!**

Bring a friend or family member to our special **VIP CLASS** each month, and earn rewards that can be used for your membership and pro-shop!