



CMA PROGRAM TIMETABLE



TIME	MONDAY A DAY	TIME	TUESDAY A DAY	TIME	WEDNESDAY B DAY	TIME	THURSDAY B DAY	TIME	FRIDAY	TIME	SATURDAY	SUNDAY
12 Noon to 12.45pm	Adult Karate Class			12 Noon to 12.45pm	Adult Karate Class					8.00am to 8.45am	Little Dragons/ TIGERS 4-6yrs	
3.45pm To 4.30pm	Little TIGERS Mixed Belt			3.45pm To 4.30pm	Little TIGERS Mixed Belt					9.00am to 9.45am	Beginners & All Color Belts Under 12yrs	
4.30pm to 5.15pm	Beginners White Belt 7-10yrs	3.45pm to 4.30pm	Little Dragons 4-6 years old	4.30pm to 5.15pm	Beginners White Belt 7-10yrs	3.45pm to 4.30pm	Little Dragons 4-6 years old			10.30am to 11.30am	MIXED MARTIAL ART TRAINING	
4.30pm to 5.15pm	Yellow & Green Belt 7-11 years old	4.30pm To 5.15pm	Black Patch Training	4.30pm to 5.15pm	Yellow & Green Belt 7-11 years old	4.15pm to 5.00pm	Black Patch Training			11.30am onwards	Fortnightly Instructors Training	
5.15pm to 6.00pm	Orange & Red Belts Under 11yrs	5.00pm to 5.45pm	Green/Orange Red Belts Over 10yrs	5.15pm to 6.00pm	Orange & Red Belts Under 11yrs	5.00pm to 5.45pm	Green/Orange Red Belts Over 10yrs	4.00pm to 6.00pm	GRADINGS		See Newsletter Every month	
5.15pm to 6.00pm	Blue/Purple Brown Belt Under 11yrs	5.45pm to 6.30pm	Beginners 12 yrs & older	5.15pm to 6.00pm	Blue/Purple Brown Belts Under 11yrs	5.45pm to 6.30pm	Beginners 12 yrs & older		See Newsletter Visit our Website		Refer CMA Programs to Your friends & Family	
6.00pm to 7.00pm	MIXED MARTIAL ART Above 16yrs	6.40pm to 7.30pm	Advanced Over 12yrs	6.00pm to 7.00pm	MIXED MARTIAL ART Above 16yrs	6.40pm to 7.30pm	Advanced Over 12yrs					
CLASS NAMES:			BEGINNERS				JUNIOR		INTERMEDIATE			ADVANCED
BELT COLOURS:			WHITE BELTS & NEW STUDENTS		YELLOW & GREEN		ORANGE & RED & BLUE					PURPLE, BROWN & BLACK

A DAY: All Hand & Foot Techniques Days

B DAYS: Self Defence & Kata Days

BLACK PATCH TRAINING: TUESDAYS OR THURSDAYS GRADINGS: Last Friday of Each Month at 4.00pm

BLACK PATCH & WEAPONS TRAINING IS EVERY TUESDAY OR THURSDAY INSTRUCTORS CLASSES ARE EVERY FIRST AND THIRD SATURDAY OF THE MONTH

OTHER CMAA DOJO TIMES:

HELENSVALE, Helensvale Community Centre, Discovery Dr, Helensvale. Monday & Wednesday 6pm-7pm

COMBINED MARTIAL ARTS ACADEMY

46-50 SPENCER ROAD NERANG QLD 4211

PHONE: 07 5527 4911

www.c-m-a.com.au



The Black Belt Club

Black Belt Club is a special group of students in our school who demonstrate their commitment to black belt excellence.

Upon being accepted into the black belt club, the student has access to an even wider range of classes. This will give the student the extra help and support they need to make certain they achieve their goal-Black belt.

Students are considered for membership into the Black belt Club after achieving their yellow belt. Membership is depending on attendance, attitude, effort and STAR program participation rather than physical skills and performance of techniques.

MIXED MARTIAL ARTS—KICKBOXING

Train Like a FIGHTER.

Come and enjoy our energetic fast paced and enthusiastic classes. Mixed martial art is a combination of boxing, Thai boxing, grappling, take downs and submission skills. MMA is today complete martial arts workout that will give you the skills and confidence to defend yourself or keep you in peak physical condition.



TRAINING AS A FAMILY GUIDELINES

At Combined Martial Arts Academy we offer an impressive array of classes which make training as a family group a great experience for everyone

Little Dragons are the youngest of the children at Combined Martial Arts Academy. This program is an exciting introduction to the martial arts for our students age from 3-6. Students will benefit by increased agility, balance and coordination taught in a fun filled yet respected environment.

Beginner classes for Students age from 7-10 years of age. This is a wonderful educational program. The children in this program learn traditional martial arts in a formal but fun environment. Their curriculum is enhanced to suit their skills and age specific learning abilities.

High school students are typically age from 11-16. Our high school age students are very special to us. These student work with other teenagers in a well structured traditional Martial Arts environment that emphasizes respect, character development and extraordinary self defense skills.

Adults are students from 17-65 years of age! This program has the most comprehensive traditional Martial Arts curriculum available and focuses on fun, fitness and practical self defense skills. Combined Martial Arts is famous for its effectiveness and is guaranteed to give you a great enjoyable work out.

Come in to experience it personally. Book now for our SPECIAL!

Bully Buster Program

Bullying in all its forms is basically an abuse of power, by someone who is stronger e.g. physically, socially, financially, towards someone who is less able to protect themselves. It includes all forms of harassment, mobbing, discrimination and some forms of violence and trauma.

Dealing with bullying requires constant awareness and action.

BEAT THE BULLY THE SMART WAY!!

CALL NOW TO ENQUIRE 07 55274911

BOOK NOW FOR THE SPECIAL

**1 WEEK TRAINING + UNIFORM FOR FREE
ONLY \$40.00**

COMBINED MARTIAL ARTS ACADEMY

Tel 07 55274911, Email: b.wakefield@c-m-a.com.au