



**SCS MARTIAL
ARTS & FITNESS**

CLASS SCHEDULE

Effective August 24, 2020 Until Further Notice

Due to COVID-19 Cleaning Procedures, Classes are 30-35 minutes.

DOJO INFO

Announcements Can Be Found
teamsdaphne.com/announcements
or
Spark Member App

Zoom Online Classes
Classes with a Box Around it Will Be Shared on Zoom
You can find the links at
teamsdaphne.com/zoom

A Days: Kata
Mondays & Tuesdays
Mondays and Tuesdays we focus on Kata, the art portion of martial arts training. If we are using weapons, please be sure to bring what is needed for your rank.

B Days: Kumite
Wednesdays & Thursdays
Wednesdays and Thursdays we focus on Kumite - or the fighting and self defense portion of martial arts training. At this time, BBC Members are asked to bring only their gloves to class.



**7980 American Way
Daphne, Alabama 36526
(251) 625-4257
teamsdaphne.com**

MON

4:30 pm
Purple to Black Belts
All Ages

5:30 pm
Lil Champions
Training Session

Zoom
Classes with a Box
Around it Will
Be Shared on Zoom

6:15 pm
Beginner
Juniors

6:00 pm
Adult
Jiu
Jitsu

7:00 pm
Adults
All
Levels

TUE

4:00 pm
Lil Champions
Training
Session

4:00 pm
Beginner
Juniors

5:00 pm
Purple to
Black Belts
All Ages

6:00 pm
Purple to
Black Belts
All Ages

7:00 pm
Purple to
Black Belts
All Ages

7:00 pm
Adults
All
Levels

WED

4:30 pm
Purple to
Black Belts
All Ages

5:30 pm
Lil Champions
Training
Session

5:30 pm
Kids
Jiu
Jitsu

6:15 pm
Beginner
Juniors

6:00 pm
Adult
Jiu
Jitsu

Zoom
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Around it Will
Be Shared on Zoom

THU

4:00 pm
Lil Champions
Training
Session

4:00 pm
Beginner
Juniors

5:00 pm
Purple to
Black Belts
All Ages

6:00 pm
Purple to
Black Belts
All Ages

7:00 pm
Purple to
Black Belts
All Ages

7:00 pm
Adults
All
Levels

FRI

4:30 pm
Fitness
&
Skills

5:30 pm*
High Red & Above
Open Mat
*Moves to 6:30 pm
on September 11

5:30 pm**
CMX Class
Creative & Extreme
Martial Arts
**Begins September 11

No Friday
Zoom Classes

**Safety
Protocols**
We have several safety protocols and procedures in place due to COVID-19.
+ Visit teamsdaphne.com for full details and procedures.
+ Masks are not required for training, but we do ask that you wear them in and out of the building.
+ You must register online for class using the app by 2:00 pm. Anyone cancelling after we send out confirmations will be charged a \$10 late cancel fee as space is limited.
+ No spectators at this time unless it is pre-arranged with instructors.
+ Sanitizer will be used 1) when you enter the dojo 2) before you go on the dojo floor and 3) as you exit.

CLASS DESCRIPTIONS



Lil Champions

Lil Champions are 3-7 Year Olds that participate in 4 week sessions. There is no rank progression. They wear uniform tee shirts, but may wear any long pants to class. This is a fun way to introduce martial arts.

Junior Beginners

Junior Beginners are students who are under 13 and are participating in rank progression. Many of our former Lil Champions have moved up to the Junior Beginner Class, even though they are still wearing Lil Champion Belts. This is the Basic Program before joining our BBC Program, which must be achieved before moving to Purple Belt Advanced Training.

Purple to Black Belt Juniors

Purple to Black Belt Juniors are students that are 13 and under. You begin weapons training and when guidelines allow, sparring and padwork. At the Purple Belt phase, you may also be invited to participate in CMX Classes or Jiu Jitsu. On "A" Days, you should bring any weapons we are training in class. On "B" Days, you should bring any gear you may need. During this time, please only bring gloves.

Kids Jiu Jitsu

Kids Jiu Jitsu is a program that helps students become more aware of their bodies and understand Jiu Jitsu concepts. The goal is to help them be prepared for movement into the Adult Jiu Jitsu Program when the timing is right. All our programs are safe and encouraging to the students. Our program is taught by Renshi Sam Boyer who is trained by Professor Brian Glick and Shihan Gene Dunn of Brooklyn Brazilian Jiu Jitsu. He is currently in training for his Black Belt in Jiu Jitsu for 2021.

Fitness & Skills

Need an extra workout or a little extra training? Friday is a fitness and skills challenge that will leave you sweaty and ready for a great weekend. Any BBC student may attend.

Adults All Levels

Adults All Levels. Any ranked adult (usually 14 and above) may attend this class. At the Purple Belt phase, you may also be invited to participate in CMX Classes or Jiu Jitsu. BBC Students: On "A" Days, you should bring any weapons we are training in class. On "B" Days, you should bring any gear you may need. During this time, please only bring gloves.

High Red & Above

At this level, this is the Black Belt Candidate Class. During this time, our class is an open mat where students can use the equipment or train with a partner.

Adults Jiu Jitsu

Adult Jiu Jitsu is a program that helps students become more aware of their bodies and understand Jiu Jitsu concepts. It's about using your mind and body together for manipulations and escapes rather than force or power. All our training is safe and encouraging to the students. Our program is taught by Renshi Sam Boyer who is trained by Professor Brian Glick and Shihan Gene Dunn of Brooklyn Brazilian Jiu Jitsu. He is currently in training for his Black Belt in Jiu Jitsu for 2021.

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