

**Quest Martial Arts Chandler Training Schedule**  
 3016 N. Dobson Rd. Suite 14, Chandler AZ 85224 (480)-756-2323  
<http://www.phoenixquestcenter.com>

Class Key and Weekly Class Schedule –Updated January 2018

## Gracie Brazilian Jiu-Jitsu

<b>Gracie Combatives</b> Beginner Gracie Jiu-Jitsu Ages 13+  White belts and above	<b>Gracie Reflex Development</b> Intermediate Gracie Jiu-Jitsu Ages 13+  Two Stripe White Belts and above	<b>Gracie Master Cycle</b> Advanced Gracie Jiu-Jitsu Ages 13+  Two Stripe White Belts and above	<b>Jr. Grapplers</b>  Age 8 – 12  Kids Gracie Jiu-Jitsu	<b>Mighty Dragons</b>  Ages 4-7 Kids  <u>Kids Jiu-Jitsu and Ninjutsu Combo</u>
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am - 12:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives		11:00am - 12:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives			9:15-10:00 am To-Shin Do  KIDS  Mighty Dragons
4:30pm - 5:15pm To-Shin Do  KIDS  Mighty Dragons		4:30pm - 5:15pm To-Shin Do  KIDS  Mighty Dragons			
5:15-6:00 Gracie Jiu Jitsu  KIDS  Jr Grapplers	5:15pm - 6:00pm To-Shin Do  KIDS  Mighty Dragons	5:15-6:00 Gracie Jiu Jitsu  KIDS  Jr Grapplers	5:15pm - 6:00pm To-Shin Do  KIDS  Mighty Dragons		
6:00pm - 7:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives					12:00pm - 1:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives
7:00pm - 8:00pm Gracie Jiu-Jitsu  INTERMEDIATE  Reflex Development	7:00pm - 8:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives	7:00pm - 8:00pm Gracie Jiu-Jitsu  BEGINNERS  Gracie Combatives			1:00pm - 2:00pm  Open Mat*  *Excepting Special events such as workshops or graduations
8:00pm – 9:00pm Gracie Jiu-Jitsu  ADVANCED  Master Cycle	8:00pm - 9:00pm Gracie Jiu-Jitsu  ADVANCED  Master Cycle		8:00pm - 9:00pm Gracie Jiu-Jitsu  INTERMEDIATE  Master Cycle		

- Bow when entering or leaving the matted training area.
- Attend 2 classes per week on a regular and consistent schedule. Bring protective gear appropriate for belt level.
- Arrive 5 – 10 minutes prior to scheduled class.
- Keep uniform neat, clean, odor-free; it is NOT a good idea to wash the belt – it will shrink.
- Due to limited changing room space, please arrive in your uniform.* If unable be in uniform before arrival, be sure to arrive in enough time to change.
- For hygiene purposes bare feet, indoor tabi or heavy socks are recommended. Mats are sanitized on a regular basis.
- Quietly prepare for class. DO NOT disturb current class in session.*
- Always be well mannered, conduct yourself with proper respect, and keep an eye on safety of fellow practitioners. Please remind your guests to do the same. *Horseplay in or out of class is unacceptable!*
- Make arrangements to make up missed classes.
- Show proper effort and spirit in the classroom. Be real! Make every movement count!
- Practice and review at home for best results.
- Keep your notebook up to date, and take responsibility for passing your tests.
- Examine, memorize and apply the 3-part Student Creed and 14-point Code of Mindful Action. Develop and maintain a positive, disciplined attitude towards accomplishing your goals.
- Bringing babies or small children with you? Please be responsible for their safety! Be sure they do not crawl or wander into the training area.**

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## To-Shin Do Japanese Ninjutsu

<b>Kihon</b>	<b>Shoden</b>	<b>Ninja Kids</b>	<b>Mighty Dragons</b>
Beginner To-Shin Do Ages 13+	Advanced To-Shin Do Ages 13+	Ages 8-12	Ages 4-7 Kids
White belts and above	Red White Belts and Above	Kids To-Shin Do	Kids Jiu-Jitsu and Ninjutsu Combo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:15-10:00 am To-Shin Do  KIDS  Mighty Dragons
4:30pm - 5:15pm To-Shin Do  KIDS  Mighty Dragons		4:30pm - 5:15pm To-Shin Do  KIDS  Mighty Dragons			10:00am - 11:00am To-Shin Do  BEGINNERS  Ninja Kids, Kihon
	5:15pm - 6:00pm To-Shin Do  KIDS  Mighty Dragons		5:15pm - 6:00pm To-Shin Do  KIDS  Mighty Dragons		11:00am - 12:00 pm To-Shin Do  ADVANCED  Shoden
	6:00pm - 7:00pm To-Shin Do  ALL LEVELS  Ninja Kids, Kihon, Shoden	6:00pm - 7:00pm To-Shin Do  ALL LEVELS  Ninja Kids, Kihon, Shoden	6:00pm - 7:00pm To-Shin Do  BEGINNERS  Ninja Kids, Kihon		
			7:00pm - 8:00pm To-Shin Do  ADVANCED  Shoden		1:00pm - 2:00pm  Open Mat*  *Excepting Special events such as workshops or graduations
		8:00pm - 9:00pm To-Shin Do  BLACK BELT  To-Shin Do			

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- Arrive 5 – 10 minutes prior to scheduled class.
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