

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

To-Shin Do Schedule

Schedule Updated August 2018

Class Key		Kihon	BEGINNER White Belt +	Shoden	ADVANCED Red White Belt +
Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
All To-Shin Do Classes currently happen in <u>STUDIO A</u> (STE 12)					
				10:00am - 11:00am	10:15am - 11:00pm
				KIHON	QUEST FOR FITNESS
				11:00am - 12:00pm	
				SHODEN	
		6:00pm - 7:00pm	6:00pm - 7:00pm		
		KIHON	KIHON		
	7:00pm - 8:00pm		7:00pm - 8:00pm	1:00pm - 2:00pm	
	ALL LEVEL ADULTS		SHODEN	OPEN MAT*	
		8:00pm - 9:00pm		*Excepting Special events such as workshops or graduations	
		BLACK BELT			

1. Bow when entering or leaving the matted training area.
2. Attend 2 classes per week on a regular and consistent schedule. Bring protective gear appropriate for belt level.
3. Arrive 5 – 10 minutes prior to scheduled class.
4. Keep uniform neat, clean, odor-free; it is NOT a good idea to wash the belt – it will shrink.
5. **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.
6. For hygiene purposes bare feet, indoor tabi or heavy socks are recommended. Mats are sanitized on a regular basis.
7. **Quietly prepare for class. DO NOT disturb current class in session.**
8. 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!*
9. Make arrangements to make up missed classes.
10. Show proper effort and spirit in the classroom. Be real! Make every movement count!
11. Practice and review at home for best results.
12. Keep your notebook up to date, and take responsibility for passing your tests.
13. 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.
14. **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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Kids Classes Schedule

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Class Key	Jr. Grapplers GRACIE JIU-JITSU Ages 8-12		Ninja Kids KIDS TO-SHIN DO Ages 8-12		Mighty Dragons TO-SHIN DO & GRACIE Ages 5-7		Tiny Titans BODY SKILL & DEVELOPMENT Ages 3-4	
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday		
					9:15am - 10:00am MIGHTY DRAGONS			
4:30pm - 5:15pm MIGHTY DRAGONS	4:30pm - 5:00pm TINY TITANS	4:30pm - 5:15pm MIGHTY DRAGONS	4:30pm - 5:00pm TINY TITANS	10:00am - 11:00am NINJA KIDS	10:15am - 10:45am Studio B TINY TITANS	10:15am - 11:00 pm QUEST FOR FITNESS		
Studio B 5:00pm - 6:00pm JR. GRAPPLERS	5:15pm - 6:00pm MIGHTY DRAGONS	Studio B 5:00pm - 6:00pm JR. GRAPPLERS	5:15pm - 6:00pm MIGHTY DRAGONS					
	6:00pm - 7:00pm NINJA KIDS	6:00pm - 7:00pm NINJA KIDS	6:00pm - 7:00pm NINJA KIDS					
					1:00pm - 2:00pm OPEN MAT*			
					*Excepting Special events such as workshops or graduations			

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Gracie Jiu-Jitsu Schedule

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Class Key		Combatives		Reflex	INTERMEDIATE	Master Cycle	ADVANCED
		BEGINNER White Belt +		Development	2-Stripe White Belt +		Combatives Belt +
Monday	Tuesday	Wednesday		Thursday		Saturday	Sunday
11:00am - 12:00pm GRACIE COMBATIVES		11:00am - 12:00pm GRACIE COMBATIVES					
							10:15am - 11:00 pm QUEST FOR FITNESS
6:00pm - 7:00pm GRACIE COMBATIVES						12:00pm - 1:00pm GRACIE COMBATIVES	
7:00pm - 8:00pm REFLEX DEVELOPMENT	Studio B 7:00pm - 8:00pm MASTER CYCLE	7:00pm-8:00pm GRACIE COMBATIVES	7:00pm-8:00pm Studio B MASTER CYCLE			1:00pm - 2:00pm OPEN MAT*	
8:00pm - 9:00pm MASTER CYCLE	8:00pm - 9:00pm GRACIE COMBATIVES			8:00pm - 9:00pm COMBATIVES PLUS		*Excepting Special events such as workshops or graduations	