

Pasadena Martial Arts

May 2023

Start Time	Time Blocks
5:45 PM	15m

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 PM					
6:00 PM	Kids: Beginner &	Kids: Newaza/Grappling	Kids: Beginner &	Kids: Newaza/Grappling	Karate: Youth
6:15 PM	Advanced	(6:00 - 6:45)	Advanced	(6:00 - 6:45)	(6:00 - 7:00)
6:30 PM	(6:00 - 6:40)		(6:00 - 6:40)		
6:45 PM	Kids: Advanced		Kids: Advanced		
7:00 PM	(6:45 - 7:15)	Adults: Newaza/Grappling	(6:45 - 7:15)	Kids: Weapons	Karate: Teens & Adults
7:15 PM		(7:00 - 7:45)		Adults: Weapons	(7:00 - 8:00)
7:30 PM	Adults: Self-Defense		Adults: Self-Defense	(7:00 - 7:45)	
7:45 PM	Jujutsu (7:30 - 8:20)		Jujutsu (7:30 - 8:20)		
8:00 PM		Adults: Koryu		Adults: Budo	
8:15 PM		Private Training		(8:00 - 8:50)	
8:30 PM		(8:00 - 9:00)			
8:45 PM					
9:00 PM					

Our Programs

Martial Arts for Adults (13+ & Adults)

- Self-Defense Jujutsu — Goshinjutsu (Self-Defense) and Newaza (Mat Grappling)
- Newaza — Mat Grappling, BJJ, and Submission Grappling
- Budo — Classical Martial Arts, Bujinkan Budo, Traditional Taijutsu/Jujutsu

Martial Arts for Kids

- Beginner (6-13) — Jujutsu and basic martial arts
- Advanced (8-13) — Self-defense and grappling

Karate

- Youth (5-11)
- Teens (12+) & Adults