

# Martial Arts



Schedules and more info - [www.ddaonline.com](http://www.ddaonline.com)

**Call to Schedule your FREE Demo Class**

| Class Schedule | Time    | Monday                     | Tuesday                | Wednesday  | Thursday               | Friday     | Saturday                |
|----------------|---------|----------------------------|------------------------|------------|------------------------|------------|-------------------------|
|                | 10:00am |                            |                        |            |                        |            | Adult - All             |
|                | 10:45am |                            |                        |            |                        |            | Intro to Sparring - All |
|                | 11:30am |                            |                        |            |                        |            | Youth Achievers - All   |
|                | 4:45pm  |                            | Intro                  | Evaluation | Intro                  | Evaluation |                         |
|                | 5:00pm  |                            | Ages 4-6<br>All Belts  |            | Ages 4-6<br>All Belts  |            |                         |
|                | 5:30pm  | Katas & Forms<br>All Belts | Ages 6-12<br>All Belts |            | Ages 6-12<br>All Belts | Evaluation |                         |
|                | 6:15pm  | All Belt<br>Requirement    | Teen/Adult             |            | Teen/Adult             |            |                         |
|                | 6:30pm  |                            |                        | Tai Chi    |                        |            |                         |
|                | 7:15pm  |                            | Tai Chi                |            | Black Belts            |            |                         |

Goju Kenpo was developed by Master Lawrence Hall, in 1988. Goju Kenpo was created from a mixture of seven different traditional martial arts in order to form a practical street efficient self-defense system with self discipline.

JR Meeting Second and Last Monday of the Month

|  |                         |                                     |
|--|-------------------------|-------------------------------------|
| Belt Skills Test = \$25<br>12 Belt Program | <b>Classes = 45 min</b> | Gi (Uniform) \$50<br>See Instructor |
|--|-------------------------|-------------------------------------|

|   |   |                                |
|---|---|--------------------------------|
| Please notify your instructor prior to participation if you have health concerns. | <b>Questions?<br/>Want to get started?<br/>(775) 851-7171</b> | <b>No reservation required</b> |
|---|---|--------------------------------|

## Larry Hall's Martial Arts Legacy

Effective February 18th, 2019

[www.lhallsmartialartslegacy.com](http://www.lhallsmartialartslegacy.com)