

Ekata Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am						Jiu-jitsu
7:30 am	Private					
8:00 am						
8:30 am						Muay Thai Kickboxing
9:00 am						Savate
9:30 am		Qi Gong		Qi Gong		
10:00 am						Savate Kid's Level 2
10:30 am		Ladies' Jeet Kune Do		Ladies' Jeet Kune Do		
11:00 am						Kid's Savate Level 1
11:30 am						
12:00 pm		Jeet Kune Do Level 1			Jeet Kune Do Level 1	Gung Fu All Ages Level 1
12:30 pm						
1:00 pm			Private		Private	Gung Fu All Ages Level 1
1:30 pm		Gung Fu 4-6 yrs Levels 1		Gung Fu 4-6 yrs Levels 1		
2:00 pm			Private			
2:30 pm						
3:00 pm						
3:30 pm	Gung Fu 7-12 yrs Level 1	Gung Fu 7-9 yrs Level 2	Gung Fu Teen	Gung Fu 7-9 yrs Level 2		
4:00 pm					Gung Fu All Ages Level 2	
4:30 pm	Gung Fu 4-6 yrs Level 1	Gung Fu 10-12 yrs Level 2	Gung Fu 7-12 yrs Level 1	Gung Fu 10-12 yrs Level 2	Gung Fu All Ages Level 1	
5:00 pm						
5:30 pm	Kid's Savate Level 1		Gung Fu 4-6 yrs Levels 1			
6:00 pm		Jeet Kune Do Level 2			Jeet Kune Do Level 2	
6:30 pm			Savate Team			
7:00 pm						
7:30 pm	Jeet Kune Do Level 1 Taught by Sifu Fran	Jeet Kune Do Level 1		Jeet Kune Do Level 1		
8:00 pm						
8:30 pm						

Blue - Children's Classes Green - Adult Classes

Level 1 classes are appropriate for beginners up through high orange belt

Level 2 is for green belt and up.

If no level is specified all levels are welcome!

Private Sessions are also available.

Qi Gong: Pronounced "Chi Gong", is an ancient Chinese movement practice, dating back nearly 5000 years that is designed to move and build energy (Qi) throughout the body.

Gung Fu: Our kid's classes maintain the root movements and philosophy of Jeet Kune Do, but adds techniques from Brazilian and Japanese Jiu-Jitsu, Muay Thai, Escrima, and Savate: all of which are known for their practicality and effectiveness. Our children's classes emphasize developing positive character traits, focus and respectful behavior.

Jeet Kune Do: Designed by Bruce Lee specifically for self-defense, Jeet Kune Do places strong emphasis on awareness and the interception of an opponent's attack, making it one of the most practical martial arts in existence. Jeet Kune Do takes into account an individual's body type and disposition to structure a self-defense system unique to each person.

Savate: A sophisticated form of French kickboxing that combines western boxing with unique kicking techniques similar to those seen in the Korean art of Tae Kwon Do and the Chinese art of Wu Shu. Because of its dynamic movement, grace, and precision, Savate students gain flexibility, strength, and tremendous cardiovascular capacity.

Jiu-jitsu: Brazilian Jiu-jitsu is considered one of the most formidable martial art styles of the late 20th century. Brazilian Jiu-Jitsu is nearly unstoppable in a one-on-one self-defense scenario when the defender is well-trained. Jiu-Jitsu does not rely on strength or size but good technique and leverage to nullify an attack.

Muay Thai Kickboxing: A form of kickboxing that allows hand, elbow, knee, and kick strikes to the head, body, or legs, Muay Thai is practiced in nearly all mixed martial arts gyms because of its practicality. Thai boxing is also known for its hardcore conditioning. Those not interested in competing gain the tangible benefits of high-level cardiovascular and strength conditioning from training with kicking pads, sparring drills, and intense calisthenics.