

Class Schedule

Updated June 2017



715-358-3971

Additional Training and Announcements On Our Website

www.LeadershipAcademyInc.com

Students Become A Member of our Group - [Facebook.com/groups/leadershipacademyinc/](https://www.facebook.com/groups/leadershipacademyinc/)



"Always Assume that your opponent is going to be bigger, stronger, and faster than you; so that you learn to rely on technique, timing and leverage rather than brute strength" - Grandmaster Helio Gracie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Private Lessons	SD F 12:00	KickStart Kayla	Private Lessons	KickStart Kayla	Trim/Tone 9:00am Private Lessons
4:30	Basic	SD All Kids RGJJ	Basic TKD	Int / Adv	Private Lessons	Birthday Party Call To Schedule
5:00	Adv Int	PreSkillz	Forms/Spar	PreSkillz		
5:30	Taekwondo	KickStart Kayla	Butts&Gutts Nikki	SD RGJJ Juniors (45 min)	Basic TKD	Butts&Gutts Nikki
6:00	SD All Kids RGJJ	Spar/Forms	Kickboxing Nikki	RGJJ Mastery	SD RGJJ Little Champs	Kickboxing Nikki
6:30	RGJJ Mastery	SD F	RGJJ Mastery	Trim/Tone Lea	SD F	
7:00	SD F	FIGHTING FOUNDATIONS	Coed Kickboxing	FIGHTING FOUNDATIONS	Private Lessons	
7:30		RGJJ Sparring		RGJJ Sparring		



Tuition

Taekwondo	\$125/mo
Gracie Jiu Jitsu	\$125/mo
Women's Fitness	\$25/mo - 1 day/week
Kickboxing	\$50/mo - 2 days/week

Warrior Package \$200/mo



RemarkableYoungLeaders.com - \$20/mo
Project Based Leadership Training

SD Self Defense Classes Available

Family Rate = Pay for 2, Rest of family included

TKD PreSkillz	4-5 yr olds - \$100/mo	TKD Inter	Green Belts and Up
TKD Basics	White Belts and Up	TKD Adv	Red and Black Belts
RGJJ Juniors	RGJJ 9-13 yr olds	Little Champs	RGJJ 4-8 yr olds

Private Lessons

\$49 Private Lessons - Ask for package or 1 Hour Private for \$69

- SDefense/TKD (Gary Engels)
- Gracie Jiu Jitsu (Gary Engels)
- Fitness (Nikki or Kayla)

Private Lessons By Appointment Only



Code of Conduct.

1. Always be respectful.
2. Always refer to adult black belts as Mr. _____ or Mrs _____
3. Absolutely no coaching your children or other students during class.
4. If you are late, wait on outside of the mat until the instructor gives you permission to join.
5. Do not leave the mat area without permission from the instructor.
6. During class, when the instructor is demonstrating the techniques, every student must sit, kneel or stand in good posture.
7. Talking should be kept to a minimum level and should relate to the class subject.
8. No foul language inside the school.
9. Keep feet clean. No dirty feet on the mat.
10. You are encouraged to wear shoes or flip flops, when you are not on the mat.
11. If you are wearing flip flops, you must clean your feet before stepping on the mat.
12. You must always wear a shirt or rash guard inside the academy.
13. All training gear and bags should be left in the locker room, not on the benches around the training area.
14. Your uniform must be clean at all times. A dirty uniform is a sign of disrespect.
15. Always be respectful towards your training partners.
16. All jewelry, pierces, necklaces, and other items should be removed during training.
17. Keep fingernails and toenails neatly trimmed.
18. All students and visitors must wear clean and appropriate gi for the class being attended.
19. No electronic devices allowed in the training area.
20. No shoes, food, or drink on the mat.
21. Be humble.
22. Be persistent.
23. Believe and Achieve.

SD - Self Defense Classes - 1 SD class per week is included for all Red Belts
RGJJ = Royce Gracie Jiu Jitsu - FF - Fighting Foundations is the starting point for all Jiu Jitsu students and Self Defense students.

RGJJ Mastery has a prerequisite of 32 Fighting Foundations Classes

Sparring Classes have a Prerequisite of 32 Fighting Foundations Classes and 12 RGJJ Mastery Classes

Private Lessons are run throughout the day and on weekends. Private Lessons are available upon request and by appointment.