



About South Miami Martial Arts:

What We Do: We practice martial arts for the purpose of refining, improving and maintaining ourselves as human beings. The physical techniques we practice are catalysts for learning the virtues of respect, discipline, focus, courage, benevolence, patience and courtesy - to name but a few.

Styles: While all our instructors are well rounded and teach techniques and concepts from a wide array or styles, we offer formal training with ranking systems in Taekwondo and Aikido.

Self-Defense: At South Miami Taekwondo, martial arts are less about fighting others and more about fighting our own self-imposed limitations. However, martial arts and self-defense are inextricably intertwined. We incorporate no-nonsense self defense classes into our curriculum regularly. We discourage "winning a bar fight" type concepts and encourage conflict resolution, psychological de-escalation, and immediate escape from life threatening situations. We strive to understand the mind of violent criminals and how best to deal with them if we absolutely have to. We believe that ultimately, developing and maintaining a warrior's humble but indomitable spirit is the best self-defense - be it against a violent criminal, a house fire, or a final exam!

Fitness: We believe in overall health of the whole person. This means mind, body and spirit, which are inseparable until death. While we are not a fitness-oriented organization, more times than not we crawl out the door soaked in sweat with smiles on our faces. Improved health is unavoidable here.

Instructors: As of 2011, Master Jeff Wade, the chief instructor of our organization, is a certified 6th degree black belt master instructor in the art of Taekwondo. He is also a black belt in the art of Aikido and is certified to teach in that style. Master Jeff also has extensive experience in Tai Chi Chuan and many other arts as well as a Master's Degree in Education from Belmont University in Nashville Tennessee. We have many black belts and masters in the school as well as color belt instructors, all of whom, regardless of rank, are required to pass a rigorous instructor's certification program, which includes a background check and 1st Aid training. Our Instructors' bios are proudly displayed in the front of the dojo.

Beginner Classes: Every class is a beginner's class. As students rise in rank and become senior belts, they take on more responsibility for the welfare of the beginners and junior belts, regardless of age. This benefits both senior belts, who learn and practice benevolence and responsibility, as well as the junior belts, who learn to appreciate and respect their senior belts. The beginner has as many instructors and assistants in a class as there are color belts on the mat. Of course, the earlier classes usually end up with more kids and the later classes more adults. But any member may attend class at any time and be assured of a thoroughly educational experience.

Cost / Contracts / Etc: *Prices, of course, are always subject to change without notice.* Tuition is \$139 per month with a \$100 annual registration fee (due every September 1st). No contracts or obligations. For your tuition, you get full access to any class at the dojo any time we're open. Since we do not limit the number of classes you can attend, we do not prorate weeks or days during vacations, holidays or any other time. However, if you will be gone for an entire month, we can put your account on hold until you return. Promotion tests under black belt are \$40. We provide all your gear until you reach green belt. At that point, we offer a sparring gear package for \$60, but you may obtain gear wherever you like as long as it fits our requirements. Mouthpieces are provided along with a uniform whenever you register or renew. They are required for sparring practice and may be charged to your account (\$2) if you lose it.

More Information: On the web at SouthMiamiTKD.com or call us at 305-265-7404.



SOUTH MIAMI MARTIAL ARTS

WEEKLY CLASS SCHEDULE

South Miami TKD
 4542-B SW 75 Ave
 Miami, FL 33155
 888-585-KICK
 SouthMiamiTKD.com

* = Adults Only

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:45 am					No Classes Today.	Lil' Dragons	No Classes Today.
10:30 am				Martial Arts Puzzles			
11:30 am				Taekwondo			
12:30 pm							
4 pm	Lil' Dragons + Taekwondo	Lil' Dragons + Taekwondo	Lil' Dragons + Taekwondo	Lil' Dragons + Taekwondo			
5 pm	Taekwondo	Taekwondo	Taekwondo	Taekwondo			
6 pm	Taekwondo	Taekwondo	Taekwondo	Taekwondo			
7 pm	Taekwondo	Taekwondo	Taekwondo	Taekwondo			
8 pm	AIKIDO	Taekwondo	AIKIDO	AIKIDO			
9 pm	* AIKIDO	* Taekwondo	* AIKIDO	* AIKIDO			

Tuition: \$139/month for access to ALL classes, all styles; Lil' Dragons \$109 (Sibling discounts)
 Annual Registration Fee: \$100.00 - includes a new uniform and mouthpiece (Sibling discounts)
PRICES AND SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE!

South Miami Martial Arts
Teaching Schedule
As of September 2011

	Monday	Tuesday	Wednesday	Thursday	Saturday
4:00 Dragons	Natalie	Cristina	Natalie	Cristina	9:30 Dragons: Cristina
4:00	MJ / Ron	MJ / Ron	MJ / Ron	MJ / Ron	10:30 MJ
5:00	Natalie	MJ	Julio	Cristina	11:30 MJ
6:00	Julio	Julio	Julio	Julio	
7:00	Kamara	Julio	Kamara	Michelle	
8:00	AKD - MJ	Julio	AKD - MJ	AKD - MDK	

MJ = Master Jeff

MDK = Master Darren Koski