



Martial Arts Training International

Program Content Summary



Basic Program

- White uniform & school patch
- White, Orange, Yellow & Blue Belt material
- 6 months, 1-2 classes per week
- 6 monthly life skills in rotation
- Basic kicks, punches, strikes & stances
- General conditioning
- Basic self defense

Black Belt Club

- Black uniform, school patch & BBC patch
- Green, Purple, Brown, Red & Black Belt material
- 28 months, choice of 2 classes per week
- 12 monthly life skills in rotation
- Advanced kicks, punches, strikes & stances
- General conditioning
- Self defense & counter attack
- Shodan No Kata
- Board Breaking
- Point Sparring

Masters Club

- Red uniform, school & masters club patch
- Belt rank specific material through 3rd degree Black Belt
- 36 month, 2-4 classes per week
- 12 monthly black belt life skills in rotation
- Advanced throw & take downs
- General Conditioning
- Weapons defense & use
- Five Katas
- Advanced board breaking & multiple station breaking
- Advanced sparring & grappling
- Black Belt workouts once per month
- Eligible for Demo Team
- Access to seminars

Leadership team

- Blue uniform, school & leadership patch
- White through 3rd degree Black Belt material
- 36 months, unlimited classes +2 leadership classes per week
- 12 leadership traits in rotation
- Leadership curriculum
- General Conditioning
- Eligible for Certified Instructor Training (C.I.T.)
- Eligible for Tournament Team
- Accelerated graduation with instructors approval
- Eligible for Demo Team
- Access to all seminars