

## Monday

Basic	5:00-5:40
Leadership	5:45-6:45
Teen/Adult	6:45-7:30

## Tuesday

Basic	5:00-5:40
Leadership	5:45-6:45
Teen/Adult	6:45-7:30

## Wednesday

Basic	5:00-5:40
Leadership	5:45-6:45
Teen/Adult	6:45-7:30

## Thursday

Basic	5:00-5:40
Leadership	5:45-6:45
Teen/Adult	6:45-7:30

## Friday

*Check announcement board / e-mail*

## Saturday

Tai Chi	9:00-10:00 AM
Teen/Adult	10:00-10:45 AM
Basic	10:45-11:25 AM

**Amalgam Martial Academy**  
923 Curtiss St.  
Downers Grove, IL 60515

Inside **Evolution Music**  
In the historic **Masonic Temple**  
**Downtown Downers Grove**

# Family Martial Arts with Amalgam Martial Academy

## Basic

Our "Basic" program for children around ages 6-12 is one of the best youth martial arts programs available today. Students improve their coordination, flexibility, and overall fitness, while learning both practical self-defense and building character for today's world through our unique curriculum. Even our games teach important martial skills!

## Leadership

\*by invitation only\*

Leadership is a special program only for those Basic and Teen/Adult students who have shown significant dedication and discipline in their training, and are determined to excel to the next level. Upon admittance into the program, students train harder to build an even higher level of physical fitness, and supplement the main curriculum with additional material and training. It's not for everyone, so if you want it, you've got to work for it!

## Teen/Adult

Our Teen/Adult class is for everyone around ages 12 and up, and represents one of the finest martial arts training programs available. Beginners and experienced practitioners alike build a higher level of overall functional fitness and a base of practical self-defense while fostering deeper martial arts skill in training with us.

## Tai Chi

Our Tai Chi class is a great low-impact workout choice for older adults, but is great for students of all ages! Our unique approach combines the ancient movements with modern pedagogy, giving you a new depth of learning. The gentle movements become meditation in movement, helping you relieve physical and mental stress, and recharging you for the week to come!



## Programs For All Ages

***Fitness***

***Discipline***

***Self-Defense***

***Safety***