



About Leadership & Weapons Training

This training is for students looking to get more from their martial arts. There is an emphasis on leadership qualities, weapons training, and other skills not covered in the regular rotating curriculum. Leadership team is a 3-month rotation. The goals of Hyper/Weapons Training are to build strong leaders and provide students more depth in training in a variety of weapons and tricking (aerial kicks, hand stands, rolls...)

■ Requirements for joining

Gold Belts and higher, 8 years old to adult.

NOTE: If you are under 8 years old, you may still be eligible. Readiness will be determined on an individual basis through an assessment with Mr. Armstrong.

■ Your Commitment

Hyper/Weapons Training is a 3-month rotation meeting twice a week.

Cost of participation is \$60 — which breaks down to about \$2.50 per class.

Team members must continue to attend their regular classes in addition to their Hyper/Weapons classes.

■ Equipment needed for training:

To participate in Hyper/Weapons classes students will, at some point, need specific training equipment. Some examples are: martial arts weapons (bo staff, nunchaku), training gloves, and focus mitts.

■ Training times

All students have 2 classes per week to train during the rotation.

We meet Tuesday evenings at 5pm and Saturday mornings at 9am.

If you would like to join this fun and exiting program, or if you have any questions, please see Mr. Armstrong.