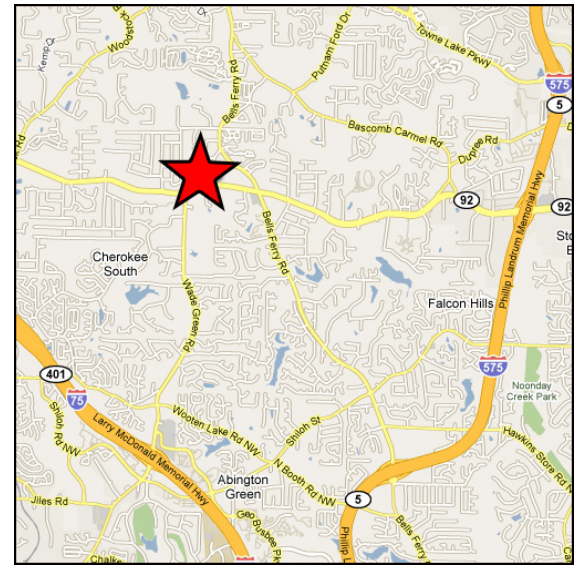




## TUF Martial Arts Academy

Phone (678) 445-2406  
www.TUFMA.com  
6158 Hwy 92, Suite 111  
Acworth, GA 30101



### TUF Martial Arts Academy Class Schedule – Updated 1.10

Specializing in Gracie Brazilian jiu-Jitsu, Muay Thai Kickboxing, Kodkan Judo, Kids Classes, Mixed Martial Arts and Conditioning.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am-12pm		GRACIE JIU JITSU Technique		TUF MMA		TUF MMA
12pm-1pm		TUF MMA		GRACIE JIU JITSU Technique		GRACIE JIU JITSU Technique
1:30pm-2:30pm						Atienza Kali
5pm-6pm	TUF KIDS ** Gracie Jiu-Jitsu / JUDO **	TUF KIDS MMA	TUF KIDS MMA	TUF KIDS MMA	TUF KIDS ** Gracie Jiu-Jitsu / JUDO **	
6pm-6:30pm	OPEN MAT	OPEN MAT	OPEN MAT	GRACIE JIU JITSU Technique 6pm-6:45pm	OPEN MAT	
6:30pm-7:30pm	KODOKAN JUDO	TUF MMA Technique	GRACIE JIU JITSU Technique	KODOKAN JUDO 6:45 - 7:30 PM	KODOKAN JUDO	
7:30pm-8:15pm	GRACIE JIU JITSU Technique	GRACIE JIU JITSU Technique	TUF MMA Technique 7:30pm – 8:30pm	TUF MMA Technique 7:30pm – 8:30pm		
8:15pm	GRACIE JIU JITSU Sparring	GRACIE JIU JITSU Sparring	TUF MMA Sparring 8 :30pm	TUF MMA Sparring 8 :30pm		

Gracie Jiu Jitsu	MMA / Muay Thai Kickboxing	Kids classes	Kodokan Judo
Self defense and grappling moves based on Gracie (Brazilian) Jiu Jitsu. Gi required for standard classes, rash guard and shorts for No-Gi classes.	Mixed Martial Arts (MMA) the fastest growing sport in the world and the Ultimate in combat athletics. Learn Muay Thai striking, grappling, and wrestling techniques. Sparring gear required.	The kid's version of the adult classes. Your child will learn: Judo, Jiu-Jitsu, Kickboxing and mixed martial arts techniques. Classes are taught in a safe, fun, high energy environment.	Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills.