

☎ (503) 640-8628  
✉ INFO@AIMHIGHMA.ORG  
16205 NW BETHANY CT #100  
BEAVERTON, OR 97006

# CLASS SCHEDULE

WWW.AIMHIGHMA.ORG



EFFECTIVE SEPTEMBER 5<sup>TH</sup> 2023

## TAEKWONDO

BEGINNER - 45 MIN INT/ADV - 50 MIN

**BEGINNER**    **INTERMEDIATE**    **ADVANCED**

M/W 6:35PM

M/W 7:25PM

M/W 8:10PM

T/TH 4:00PM

T/TH 4:50PM

T/TH 5:45PM

SAT 10:45AM

(SEE BELOW FOR SAT. SPECIAL TRAINING)

## KICKBOXING

KICKBOXING 13YRS & UP - 60 MIN

T/TH 8:10PM

SAT 9:45AM

## SAT. SPECIAL TRAINING

TKD, TSD, & MMA (INT/ADV STUDENTS ONLY)

**INSTRUCTOR TRAINING**

9:50AM (45 MINUTES)

**SPARRING & CONDITIONING**

11:35AM (90 MINUTES)

## STAFF DIRECTORY

DOUG O. - EXECUTIVE DIRECTOR - DOUG.OWNBY@AIMHIGHPDX.ORG

JOHN W. - FLOOR MANAGER - JOHN.WRIGHT@AIMHIGHMA.ORG

JULIE Y. - FRONT END MANAGER - JULIE.YOKOSHIMA@AIMHIGHMA.ORG

LINDSEY O. - EVENTS MANAGER - LINDSEY.OWNBY@AIMHIGHEVENTS.ORG

## PROGRAM DESCRIPTIONS

### WARRIORS

THIS IS NOT YOUR ORDINARY MARTIAL ARTS PROGRAM! OUR TEAM OF ENTHUSIASTIC INSTRUCTORS WILL TEACH YOUR 3 TO 7 YEAR-OLD VALUABLE LIFE LESSONS USING THE MARTIAL ARTS AS A VEHICLE. THE STUDENTS IN THE WARRIOR PROGRAM WILL LEARN ABOUT RESPECT, CONFIDENCE, FOCUS, RESPONSIBILITY, AND SELF-CONTROL IN A FAST-PACED AND FUN ENVIRONMENT FUELED BY AN AGE-APPROPRIATE MIX OF TAEKWONDO, KICKBOXING, AND STREETWISE SELF-DEFENSE.

### MMA

DESIGNED FOR A RANGE OF STUDENTS AGING 8 TO 108 YEARS OLD, MMA CLASS IS A MODERATE TO HIGH IMPACT MIXED MARTIAL ARTS CLASS COMBINING ASPECTS FROM OLYMPIC TAEKWONDO, SPORT KARATE, MUAY THAI, WESTERN BOXING, JIU JITSU, AND STREET WISE SELF-DEFENSE. RIGHT FROM THE BEGINNING YOU'LL RECEIVE THE VERY BEST IN MARTIAL ARTS, LIFE SKILLS, AND PHYSICAL FITNESS TRAINING PROVIDED BY OUR HIGHLY KNOWLEDGEABLE AND ENERGETIC STAFF. YOUR COMMITMENT TO TRAINING FROM WHITE TO BLACK BELT WILL TRULY BE AN INSPIRATION TO YOUR FRIENDS AND FAMILY ALIKE.

### KICKBOXING

WITH INFLUENCES FROM A VARIETY OF DISCIPLINES INCLUDING MOVEMENTS SEEN IN TAEKWONDO, MUAY THAI, AND WESTERN BOXING; KICKBOXING CLASS IS A MODERATE IMPACT FITNESS-COMBAT CLASS WITH A FOCUS ON THE TECHNICAL AND PRACTICAL ASPECTS OF OFFENSE, DEFENSE, FOOTWORK, AND PHYSICAL FITNESS. KICKBOXING IS A GREAT FIT FOR ANYONE WHO IS LOOKING FOR IN-DEPTH TRAINING AND A FANTASTIC WORKOUT.

### TANG SOO DO

TANG SOO DO IS A KOREAN STYLE OF MARTIAL ARTS ENCOMPASSING BASIC HAND AND KICKING TECHNIQUES, FORMS, WEAPONS, SELF-DEFENSE, SPARRING, ROLLS, BREAK-FALLS, AND BOARD BREAKING. THE PHYSICAL ASPECTS OF MARTIAL ARTS ARE USED AS TOOLS FOR SELF-IMPROVEMENT, TO GROW YOUR LEADERSHIP SKILLS, AND GIVE YOU THE OPPORTUNITY TO BECOME AN INTERNATIONALLY CERTIFIED BLACK BELT INSTRUCTOR.

### TAEKWONDO

DEVELOPED WITH THE PERFECT BLEND OF OLYMPIC STYLE TAEKWONDO, SELF-DEFENSE, AND FITNESS AS ITS FOCUS. AIM HIGH'S TAEKWONDO PROGRAM WILL HELP YOU GET IN THE BEST SHAPE OF YOUR LIFE WHILE YOU MASTER AN ART FULL OF DYNAMIC KICKS, BOARD BREAKING, POWERFUL PUNCHES, AND FORMS. SETTING YOU AND YOUR FAMILY UP WITH THE CONFIDENCE TO TACKLE ANY CHALLENGE THAT COMES YOUR WAY.

### EVENTS

BIRTHDAY PARTIES | PARENT'S NIGHT OUT | CAMPS | FUNDRAISERS

DO YOU NEED A VENUE FOR YOUR NEXT EVENT? LOOK NO FURTHER THAN AIM HIGH! AIM HIGH EVENTS ARE WELL KNOWN FOR BEING AN EXCITING AND MEMORABLE EXPERIENCE! FOR MORE INFORMATION, PLEASE REACH OUT TO OUR EVENTS TEAM VIA EMAIL: EVENTS@AIMHIGHMA.ORG OR BY PHONE: (503) 298-3277

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## LITTLE WARRIORS

LIL' WARRIORS 4YRS/5YRS - 30 MIN

**BEGINNER**    **INTERMEDIATE**    **ADVANCED**

M/W 4:00PM	M/W 4:35PM	M/W 4:35PM
T/TH 6:30PM	T/TH 7:05PM	T/TH 7:05PM
SAT 9:00AM	SAT 9:35AM	SAT 9:35AM

## WARRIOR JUNIOR

WARRIOR JR 6YRS/7YRS - 45 MIN

**BEGINNER**    **INTERMEDIATE**    **ADVANCED**

M/W 5:10PM	M/W 6:00PM	M/W 6:50PM
T/TH 4:00PM	T/TH 4:50PM	T/TH 5:40PM
SAT 10:10AM	SAT 11:00AM	SAT 11:50AM

**HAVE YOU HEARD ABOUT  
PRIVATE LESSONS?**

**PRIVATE LESSONS ARE SCHEDULED IN 30 & 60 MIN SESSIONS**

**SEE THE FRONT DESK FOR MORE INFORMATION**

## MMA PROGRAM

BEGINNER - 45 MIN    INT/ADV - 50 MIN

**BEGINNER**    **INTERMEDIATE**    **ADVANCED**

M/W 4:00PM	M/W 4:50PM	M/W 5:45PM
T/TH 5:40PM	T/TH 6:30PM	T/TH 7:25PM
SAT 9:00AM	( SEE BACK FOR SAT. SPECIAL TRAINING )	

## TANG SOO DO

BEGINNER - 45 MIN    INT/ADV - 50 MIN

**BEGINNER**    **INTERMEDIATE**    **ADVANCED**

M/W 6:35PM	M/W 7:25PM	M/W 8:10PM
T/TH 4:00PM	T/TH 4:50PM	T/TH 6:40PM
SAT 10:45AM	( SEE BACK FOR SAT. SPECIAL TRAINING )	

## FUSION BLACK BELTS

MMA, TANG SOO DO, & TAEKWONDO

M/W 8:10PM    FRI 6:30PM\*    SAT 7:30AM\*

\*SEE TESTING BOOKLET FOR DATES