



SOUTHSIDE DOJO LTD

updated: 04/22/08

SCHEDULE OF CLASSES

8534 Portage Rd. • Portage, MI 49002 • www.SouthsideDojo.com • (269) 385-0111

	SUN	MON	TUES	WED	THU	FRI	SAT
JUDO Tpau_4dan@msn.com judojoe@juno.com rb@southsidedojo.com dm@southsidedojo.com jamieblake@chartermi.net	1-3 pm open Workout	5-6 juniors Advanced	8:30-9:30 am junior ----- 6-7:15 pm Adult grappling ----- 7:15-8:30 pm workout		8:30-9:30 am junior ----- 6-7:15 pm adult standing tech. ----- 7:15-8:30 pm workout		<u>Junior classes</u> 10:00-11:00 am beginner ----- 11:30-12:30 pm ad- vanced ----- 12:30-1:30 pm Competitive ----- 1:30-3:30 pm adult competitive workout (as announced)
AIKIDO aik_i@yahoo.com	4-5:30pm basic techniques	6:30-8:00 pm	8:30-10:00 pm Intermediate techniques		8:30-10:00 pm basic techniques		
MMA rb@southsidedojo.com	8:00-10:00 pm			6:00-8:00 pm		6:00-8:00 pm	
GUERRILLA MMA FIGHTER TRAINING rb@southsidedojo.com		8:00-9:30 pm Muay Thai crossover training	6-7:15 pm Judo grappling crossover training		8:30-9:30 pm Guerilla MMA workout	4:00-6:00 Muay Thai crossover & ring training	1:30-3:30 pm Guerilla MMA workout
MUAY THAI sewatson82@hotmail.com		8:00-9:30 pm	8:30-10:00 pm			4:00-6:00 pm	
KARATE kalokk@aol.com janel.b.ceglarek@pfizer.com		5:00-6:00 pm sparring ----- 6:00-8:00 pm adult		5:00-6:00 pm junior ----- 6:00-8:00 pm adult		5:00-7:00 pm advanced	8:45-9:45 am junior
KOBUDO kalokk@aol.com jamieblake@chartermi.net bonniejo@iserv.net		8:00-9:30 pm		8:00-9:30 pm		5:00-7:00 pm advanced	
YOGA					4:15-5:45 pm		
JUJITSU keithnelson@gmail.com	5:30-7:30 pm			8:30-11:00 pm			

We offer several classes at Southside Dojo. Concurrent training in several styles is encouraged, and Southside Dojo membership covers all the martial arts classes offered. Feel free to stop by and try any of the classes.

Frequently Asked Questions:

How much does it cost? A \$25 / month membership fee gains you access to all arts (Yoga has a nominal additional fee). Also required is participation in our liability insurance program, depending on the program(s) you attend this should cost no more than \$50 / year. Monthly dues are expected at the beginning week of each month. Multiple months may be paid in advance but this is not a requirement.

Are there family discounts? Yes we typically discount family members at \$5 / month / family member (ie \$25, \$20, \$15, \$10...)

Which art is best for me? The best art for you is one that you will enjoy. We offer plenty and believe you will find one that fits you best. Do you like grappling(wrestling)? Try Judo, MMA, Aikido, or Jujitsu. Does using your fists and feet interest you? Try Karate, Muay Thai, or MMA. Are you interested in a mind & body connection? Try Tai Chi, Yoga, Aikido, or Jujitsu. Want to learn how to use nunchaku? Try Kobudo. Are you looking for a great workout? Try Judo, Muay Thai, or MMA. Try multiple classes and find what works best for you. It's your choice.

What do I wear? This will vary depending on the art(s) that you choose. To start, wear some loose fitting clothing (sweats work well). Avoid clothing that has buttons or anything hard metal or plastic attached. The instructor will be happy to assist you for future classes.

Do you have classes for kids? Absolutely. We offer Judo and Karate classes for juniors. Saturday mornings are the most common time, but there are also classes spread throughout the week. Usually kids can start around age 5. Teens may begin attending adult classes and exceptions will be given at the instructors discretion.

Do I need to be in great shape to start a martial art? No, but you have to have the desire to learn. Some arts are more strenuous than others, but our approach is to encourage hard work not force over exertion.