

KCA MARTIAL ARTS
ANNAPOLIS

SCHEDULE OF CLASSES
301-593-8000



TrueCore CrossFit
1981 Moreland Pkwy.
Annapolis, MD 21401

MONDAYS & WEDNESDAYS

Youth: 5:30pm - 6:20pm
Adult: 6:30pm - 7:30pm

SATURDAYS

Youth: 10am - 11am
Adult: 9am - 10am

Introductory Lessons
Mondays and Wednesdays
2:30 – 5:00 pm
Please call for appointment

Specialty Classes – on website

*For cancellations of classes due to inclement weather, please call
301-593-8000 for pre-recorded message or check our website:
www.KCAMartialArts.com*

KARATE CLUB OF AMERICA

INSTRUCTORS

TAE KWON DO

Michael Wholihan *Kickboxing Tae Kwon Do*
8th degree Black belt with 44 years of experience teaching martial arts.

Ken Mathews *Tae Kwon Do & Shotakon*
5th Degree Black Belt

Jacob Rothermel *Tae Kwon Do &*
4th Degree Black Belt *Kickboxing*

Catherine Eicke *Kickboxing/ Tae Kwon Do*
4th Degree Black Belt

Jay Chiang *Tae Kwon Do & Modern*
2nd Degree Black Belt *Arnis & Tai Chi*

301-593-8000

www.KCAMartialArts.com
KCAMartialArts@gmail.com

Class schedules subject to change without notice

KCA MARTIAL ARTS ANNAPOLIS

TUITION

301-593-8000

www.KCAMartialArts.com

Established 1982



Discipline the mind and the body will follow

Intro Month (New students only)

All Classes.59.00

Free uniform for new students only (\$49.00 value)

Month-to-Month Tuition

Ages 5, 6, 7 – 1x per week.....58

Ages 5, 6, 7 – 2x per week.....78

Ages 8 and Up.....78

2nd student (parent or sibling) with full paying student.....25% discount

Registration

Non-refundable Fee per student..... 35.00

Free T-shirt for new students only (\$21.00 value)

- There is never any obligation to continue from one month to the next
- No term agreements or long contracts
- Tuition is due monthly via automatic drafts
- prior month from checking or savings
- Schedule your account with our Program Director

Class schedules subject to change without notice

Maryland State Registration E2699

KARATE CLUB OF AMERICA

LESSON INFORMATION

KCA MARTIAL ARTS is a traditional Martial Arts School with friendly, professional staff qualified to teach everyone from the beginner to the advanced student. Our Martial Arts programs offer you a way to relax, get exercise, and learn self-defense.

Instructors

Our greatest asset! Our instructors are professionally trained, experienced, knowledgeable, and supportive. Participation in teaching seminars which are designed to keep them abreast of the safest, most effective techniques are a requirement.

Lessons

We offer continuous enrollment, so you may begin your lessons immediately. We are open year round.

Facilities

Full wall mirrors, air shields, targets, muay thai shields, blockers, free well lit parking, convenient to Buses.

Activities

In addition to regularly scheduled lessons, we offer tournaments, seminars, and private lessons. For more detailed information on upcoming events at the KCA MARTIAL ARTS, check our website.

Further Information about the KCA MARTIAL ARTS can be obtained by contacting:

301-593-8000

www.KCAMartialArts.com

KCAMartialArts@gmail.com

KCA MARTIAL ARTS BELT PROMOTION

REQUIREMENTS: If you have any questions about the physical requirements for your exam, exam forms for all belt levels are available. Students are encouraged to ask their instructors what areas need practice.

ELIGIBILITY: Exam eligibility is determined only by Mr. Wholihan.

FEE: For gold belt and up, not including black belt, there is a \$50 exam fee. For black belt there is a \$150 exam fee. Paperwork and payments must be turned in before exam day.

FORMS: Exam forms are available online and from our Program Director. Pick up, fill out, and turn in your exam form with payment BEFORE your exam day. Entries are not accepted on exam day.

ACCOUNTS: All accounts must be current for belt promotion eligibility. Please contact Program Director if you have any questions. Payments must be turned in BEFORE the day of your exam.

UNIFORMS: You must wear your full KCA approved uniform to all exams. Make sure you have a properly placed school patch on your uniform (left front).

EQUIPMENT: Green stripe and above, bring your equipment to all exams.

CLASS: All exams are considered classes whether you are testing or not. Students and parents are encouraged to attend.

If you have any additional questions, please contact us at your convenience. 301-593-8000 or www.KCAMartialArts.com

KARATE CLUB OF AMERICA HELPFUL HINTS

- ◆ Always bow upon entering and leaving dojo (karate room).
- ◆ To show respect during your exam – never turn your back to the judge(s).
- ◆ Make sure your uniform is clean as a whistle – this is a sign of great respect to your instructor, your karate school, and yourself.
- ◆ Only full uniforms are allowed at exams. (Gi top and pants with a properly placed KCA patch on front left.)
- ◆ Ask for help if you need it when tying your uniform or belt. Better to ask for help and make sure you look your absolute best.
- ◆ Show up early to your exam. You will need to stretch on your own before you test.
- ◆ Turn in all your paperwork (exam form and payment) before your exam day. Paperwork is not accepted on exam days. No exceptions.
- ◆ Don't work out too hard on the day of your exam. Save your energy and make it count.
- ◆ There are never any surprises when you test. You will only be asked to do what you have done in class which is what is on your exam form.
- ◆ If you were not ready to test, Mr. Wholihan would not have told you to do so. Relax and do what you have practiced in class.