

All Members Must Sign Up at JamesCoxMartialArts.com

Premier Martial Arts Abilene

S. 14th & Online Class Schedule

	Monday & Wednesday (PM) Option # 1	Tuesday & Thursday (PM) Option # 2	Friday (PM) Premier Training ONLY	Saturday (AM) Extra Class
Tiny Champ 3-4 yrs.	5:30 – 6:00	3:30 – 4:00		
Lil' Champ 5 - 7 yrs.	Basic 3:45 – 4:15 BBT 3:45 – 4:30	Basic 6:00 – 6:30 BBT 6:00 – 6:45		Basic 10:15 –10:45 BBT 10:15 – 11:00
Youth Beg. 8 - 12 yrs.	Basic 4:30 – 5:15 BBT 4:30 – 5:30	Basic 6:45 – 7:30 BBT 6:45 – 7:45		Basic 11:00 –11:45 BBT 11:00 – 12: 00
Youth Adv. 8 - 12 yrs.	BBT 6:00 – 7:00 PT 6:00 – 7:15	BBT 4:00 – 5:00 PT 4:00 – 5:15	PT/Demo Team 5:30 -7:00	BBT 11:00-12:00 PT 11:00 – 12:15
Teen/Adult 13 & up	Basic 7:15 – 8:00 BBT 7:15 – 8:15 PT 7:15 – 8:30	Basic 7:45 – 8:30 BBT 7:45 – 8:45 PT 7:45 – 9:00	PT/Black Belts/Candidates 7:00 - 8:30	Basic 9:00 - 9:45 BBT 9:00 – 10:00 PT 9:00 – 10:15
Gi Jiu-Jitsu 13 & up	8:30 – 9:30			
No Gi Ju Jitsu 5-12 years		5:15 – 6:00		12:15 - 1:30
Fight Team	7:00 – 9:30		7:00 – 8:30	12:15 – 1:30

Students should attend an in-person and/or online option and can attend Saturday at S.14th for a third class each week. Friday's are the 2 Premier Training special teams' classes and held at the S.14th location. All martial arts supplies / equipment must be purchased through PMA to be used in classes. If you don't purchase from our school, it's not allowed.

Wylie Class Schedule (use S. 14th Schedule for online classes)

	Monday & Wednesday (PM) Option # 1	Tuesday & Thursday (PM) Option # 2	Monday & Wednesday (AM) Option # 3	Friday @ South 14th
Tiny Champ 3-4 yrs.	3:30 – 4:00	5:30 – 6:00		*Premier/Demo Gi Jiu-Jitsu/Fight Team (See S.14 th schedule above) *Parents Night Out Parties second Friday of each month, 7-11 pm alternating locations! *Birthday Parties available on Saturdays or Sundays at either location at 2:30 or 5:00.
Lil' Champ 5 - 7 yrs.	Basic 6:00 – 6:30 BBT 6:00 – 6:45	Basic 3:45 – 4:15 BBT 3:45 – 4:30		
Youth Beg. 8 - 12 yrs.	Basic 6:45 – 7:30 BBT 6:45 – 7:45	Basic 4:30 – 5:15 BBT 4:30 – 5:30		
Youth Adv. 8 - 12 yrs.	BBT 4:00 – 5:00 PT 4:00 – 5:15	BBT 6:00 – 7:00 PT 6:00 – 7:15		
Teen/Adult 13 & up	Basic 7:45 – 8:30 BBT 7:45 – 8:45 PT 7:45 – 9:00	Basic 7:15 – 8:00 BBT 7:15 – 8:15 PT 7:15 – 8:30	Basic 9:00 – 9:45 BBT 9:00 – 10:00 PT 9:00– 10:15	
Gi Jiu-Jitsu 13 & up		8:30 – 9:15		
No Gi Jiu-Jitsu 5-12 yrs.	5:15 – 6:00			

PMA Program Levels

Choose your experience from **Basic Training**, **Black Belt Training (BBT)** or **Premier Training (PT)**

- 1.) **Basic Training Program:** Choose 1 in-person schedule option and/or 1 online option + Saturday
 - Ages 3 & up for white, yellow, and orange belt
 - Includes a fun modern mixed martial art curriculum of Krav-Maga, Kickboxing, Brazilian jiu-jitsu, Kajukembo and complete physical fitness
 - Builds a strong foundation and develops a positive mental attitude
 - Instills personal life skills and character development with confidence, discipline, respect, and focus

- 2.) **Black Belt Training Program (BBT):** Choose 1 in-person schedule option and/or 1 online option + Saturday
 - Ages 5 & up for all belts
 - Includes everything from basic training plus a 15-minute extension in every class to learn exciting weapons training and safe sparring
 - Sets the goal of becoming a well-rounded black belt

- 3.) **Premier Training Program (PT):** Choose 1 in-person option and/or 1 online option as well as Friday Training + Saturday
 - Ages 8 & up for purple belts and higher ONLY
 - Includes everything from basic training and black belt training PLUS another 15-minute extension to every class with an additional Friday class to learn the more advanced skills
 - Receive a separate belt rank in Kajukembo, Brazilian Jiu-Jitsu and the Premier System
 - Become a part of our demonstration, competition, and leadership teams

**How about an Awesome Karate Birthday Party?
Available Saturday or Sunday at 2:30 or 5:00.**

3287 South 14th Street (off Willis)
Abilene, TX 79605 (325) 676-2696

6410 Buffalo Gap Road (off Antilley)
Abilene, TX 79606 (325) 704-5454



Owner, Grand Master James Cox
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Like our Facebook pages: Premier Martial Arts
3287 South 14th and 6410 Buffalo Gap
Subscribe to our YouTube channel: James Cox Martial Arts



Membership Site: JamesCoxMartialArts.com