



# TIGER Academy Youth Schedule

Specializing in Personal Development and Practical Self-defense

[www.TigerAcademyOnline.com](http://www.TigerAcademyOnline.com)

## Tiny TIGER Stand & Defend™ - Ages 4 – 5 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White – Jr. Black	4:30 – 5:00	5:30 – 6:00	4:30 – 5:00	5:30 – 6:00		9:00 – 9:30
Trial Course	4:00 - 4:20		4:00 - 4:20			

## Jr. TIGER Cubs Stand & Defend™ - Ages 5 – 7 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White – Jr. Black	4:30 – 5:10	5:30 – 6:10	4:30 – 5:10	5:30 – 6:10		9:30 – 10:00
Trial Course		5:00 - 5:20		5:00 - 5:20		

## Jr. TIGER Youth Stand & Defend™ - Ages 7 – 13 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trial Course	7:00 - 7:30		7:00 - 7:30			
White – 9 <sup>th</sup> Gold Novice: Mat 1	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals	5:15 – 6:00 Fundamentals	6:15– 7:00 Fundamentals		11:00 – 11:45 Fundamentals
Gold – Orange Novice – Mat 2	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals	5:15 – 6:00 Fundamentals	6:15– 7:00 Fundamentals		11:00 – 11:45 Fundamentals
Green – 1 <sup>st</sup> Blue	6:15 – 7:00 Core	4:30 – 5:15 7:00 – 7:45 Core	6:15 – 7:00 Thai Boxing	4:30 – 5:15 7:00 – 7:45 Thai Boxing		12:00 – 12:45 Fundamentals
Brown – Black Advanced	6:15 – 7:00 Core	4:30 -5:15 Core	6:15 – 7:00 Thai Boxing	4:30 – 5:15 Thai Boxing		12:00 – 12:45 Total Defense
Black Belt Club Gold – 1 <sup>st</sup> Green					5:30 -6:15 1 <sup>st</sup> and 3 <sup>rd</sup>	
Black Belt Club Purple - Brown					6:30 -7:15 1 <sup>st</sup> and 3 <sup>rd</sup>	
Master's Club						1:00 -2:00 1 <sup>st</sup> & 3 <sup>rd</sup>

## TIGER Youth Control and Roll™- Ages 7 – 13 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday
Little Grapplers (5 - 9)	5:30 – 6:15		5:30 – 6:15		5:30 – 6:15
Kids Jiu Jitsu (10 -13)	5:30 – 6:15		5:30 – 6:15		5:30 – 6:15

5801 Portsmouth Blvd Portsmouth Virginia 23701 (757) 488 – 3882