

ONE WITH HEART

INDONESIAN MARTIAL ARTS

FALL SCHEDULE

Effective Sept 5<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
<div>6:35 PM–7:35 PM</div> <div>Adult/Teen Beginner</div> <div>Ages 16+ M/W</div> <div>Mas Jacob</div> <div>Assistant: Mas Eli</div> <div>Naga</div> <div>6:35 PM–7:35 PM</div> <div>Teen Beginner</div> <div>Ages 12-15 M/W</div> <div>Mas Adam</div> <div>Scico</div> <div>6:45–7:30 PM</div> <div>Adult/Teen Green – Brown Sash Standards</div> <div>Ages 12+*</div> <div>Mas Alisha</div> <div>Tiga</div> <div>7:30 PM–8:45 PM</div> <div>Adult/Teen White – Blue Sash Standards</div> <div>Ages 16+*</div> <div>Pendekkar Gerry</div> <div>Tiga</div>	<div>6:30 PM–8 PM</div> <div>Teen White – Brown Sash</div> <div>Ages 12 – 15 T/TH *</div> <div>MGA Janesa</div> <div>Naga</div> <div>6:45 PM–8:45 PM</div> <div>Adult/Teen Self-Defense Series</div> <div>Mas Quinn</div> <div>Mas Tess</div> <div>Tiga</div>	<div>6:35 PM–7:35 PM</div> <div>Adult/Teen Beginner</div> <div>Ages 16+ M/W</div> <div>Mas Jacob</div> <div>Assistant: Mas Eli</div> <div>Naga</div> <div>6:35 PM–7:35 PM</div> <div>Teen Beginner</div> <div>Ages 12-15 M/W</div> <div>Mas Adam</div> <div>Scico</div> <div>7:40 PM–8:45 PM</div> <div>Adult/Teen White Sash – Black Belt Open Training</div> <div>Ages 16+</div> <div>MGA Janesa</div> <div>Naga</div>	<div>6:30 PM–8 PM</div> <div>Teen White – Brown Sash</div> <div>Ages 12 – 15 T/TH *</div> <div>MGA Janesa</div> <div>Naga</div>		<div>9:00 AM–10:30 PM</div> <div>Adult/Teen White Sash – Black Belt Short Staff</div> <div>Ages 12+*</div> <div>MGA Janesa</div> <div>Naga</div> <div>10:45 AM–12 PM</div> <div>Adult/Teen Beginner Knife Defense 12+</div> <div>Pendekkar Gerry</div> <div>Naga</div> <div>10:45 AM–12 PM</div> <div>Adult/Teen White – Brown Sash Knife/Machete Defense 12+*</div> <div>Pendekkar Gerry</div> <div>Naga</div> <div>1 PM–5 PM</div> <div>Adult/Teen Seminars</div> <div>Rotating Themes</div>	<div>Hawthorne</div> <div>4231 SE Hawthorne Blvd.</div> <div>Portland, OR 97215</div> <div>503-231-1999</div> <div>School Hours For Fall</div> <div>Mon–Fri: 12:30–8pm</div> <div>Saturday 9-1pm</div> <div>Sun: CLOSED</div> <div>Indonesian Energy Healing</div> <div>With marian van leeuwen</div> <div>by appointment</div> <div>Training Rooms</div> <div>Naga – wood floor</div> <div>Tiga – mat room</div> <div>Scico – mats and mirrors</div>

ADULT/TEEN CLASSES

\*Means there are prerequisites to register for these classes.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
5:30 PM–6:30 PM Kids Beginner Ages 6–7 M/W Mas Adam Scico	5:15 PM–6:25 PM Kids Gold – Green Sash Ages 8–12 T/TH* Mas Will Assistant: Mas Lev Scico	5:30 PM–6:30 PM Kids Beginner Ages 6–7 M/W Mas Adam Scico	5:15 PM–6:25 PM Kids Gold – Green Sash Ages 8–12 T/TH* Mas Will Assistant: Mas Lev Scico		9:00 AM–10:30 PM Kids White – Brown Sash Short Staff* MGA Janesa Naga	Hawthorne 4231 SE Hawthorne Blvd. Portland, OR 97215 503-231-1999
5:30 PM–6:30 PM Kids Beginner Ages 8–11 M/W Mas Shelby Naga	5:20 PM–6:20 PM Kids White Sash Ages 7–9 T/TH* Mas Sammy Assistant: Mas Max Naga	5:30 PM–6:30 PM Kids Beginner Ages 8–11 M/W Mas Shelby Tiga	5:20 PM–6:20 PM Kids White Sash Ages 7–9 T/TH* Mas Sammy Assistant: Mas Max Naga		11:30 AM–1 PM Youth Seminars Rotating Themes	School Hours For Fall  Mon–Fri: 12:30–8pm  Saturday 9–1pm  Sun: CLOSED
5:35 PM–6:35 PM Kids White Sash Ages 10–12 M/W* Mas Alisha Mas Bob Tiga	5:35 PM–6:35 PM Kids Beginner Ages 6–7 T/TH Mas Devin Tiga	5:35 PM–6:35 PM Kids White Sash Ages 10–12 M/W* Mas Alisha Mas Bob Tiga	5:35 PM–6:35 PM Kids Beginner Ages 6–7 T/TH Mas Devin Tiga			Indonesian Energy Healing With marian van leeuwen by appointment
	6:30 PM–7:30 PM Kids Beginner Ages 8–11 T/TH Mas Sandra Scico		6:30 PM–7:30 PM Kids Beginner Ages 8–11 T/TH Mas Sandra Scico			Training Rooms Naga – wood floor Tiga – mat room Scico – mats and mirrors

KIDS

CLASSES

\*Means there are prerequisites to register for these classes.