

UNDERGROUND

SELF-DEFENSE

WEEKLY CLASS SCHEDULE (INCLUDED W/ MEMBERSHIP)

Kickboxing Shaolin Kempo Karate Youth

These classes are included in memberships or (for kickboxing) class passes.
 All classes are non-sequential so you can drop in at any time.
 All classes are intended for adults unless otherwise specified.



PUBLIC WORKSHOPS (PURCHASED SEPARATELY)

Introductory Workshops See website for upcoming courses or contact us to schedule a private workshop.

- Women's Self-Defense (4-wk or 2-wk series. Offered 8x/year.)
- Kickboxing Fundamentals (6-week series. Offered 6x/year.)
- Defensive Kickboxing (6-week series. Offered 2x/year.)
- SAFE Men for Women's Self-Defense (2-week series. Offered 2x/year.)
- Men's Self-Defense Workshop (90 min workshop. Offered 1-2x/year.)

Monday	Tuesday	Wednesday	Thursday	Friday
5pm Kickboxing		5pm Teens SKK	5pm Shaolin Kempo Karate	
6pm Shaolin Kempo Karate	6-8pm 4-wk Women's Self-Defense Course	6pm Kickboxing	6pm Open Dojo	SKK Rank Tests* (by invitation)
		7pm Shaolin Kempo Karate	7pm Kickboxing	

(608) 251-7755
 info@undergroundselfdefense.coop

Saturday	Sunday
9:15am Kung Fu Kritters (4-7)	
10am Kung Fu Kids (7-13)	10am-2pm 2-wk Women's Self-Defense Series
11am Shaolin Kempo Karate	
12:15 KB Breakdown	
Introductory Kickboxing Workshops	

CLASSES WITH PREREQUISITES

SPARRING
 SKK yellow belt OR completion of Defensive Kickboxing Workshop.
 Available during Open Dojo time.

RANK TESTS
 Instructors evaluate students for testing.
 Scheduled every 2 months.

SKK = Shaolin Kempo Karate