

SEPT 2011

**TOTAL BODY
SHAPING**



The Premiere
Martial Arts
Training Schools
in New York

- St. James
 - East Northport
 - Manhattan
 - Deer Park
 - E. Setauket
- and more

www.MyAJJC.com

Black Belt Test

Sept 17

Place: St James

Time: 2.00 pm

Sensei Ferd

Sensei Chris

Sensei Frank

Testing 2nd degree

St James Day

Oct 2

Come support our AJJC

Demo Team

Demos at Noon & 2pm

Check our Websites
For News & upcoming Events
www.MyAJJC.com
www.TopKickSuperfights.com
www.Kiconcepts.com

**WANT TO
GET INTO
SHAPE?**

**10 WEEK
COURSE
TOTAL
BODY
SHAPING**

**STOP AT
THE FRONT
DESK TO**

**REGISTER..
AUG 1
STARTING
OUR NEXT
10WEEK
PROGRAM**

Go to MyTotalBodyShaping.com

SCHEDULE - Sept 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Submission Grappling	2 Private Dodgeball 630 –830pm	3 Submission Grappling
4	5 Free Fighting Self defense	6 Free Fighting Self defense	7 Review Class	8 Free Fighting Self defense	9 Private	10 Free Fighting Self defense
11	12 Stand- up Self Defense	13 Stand- up Self Defense	14 Stand- up Self Defense	15 Stand- up Self Defense	16 Stand- up Self Defense	17 Belt test
18	19 Submission Grappling	20 Submission Grappling	21 Review Class	22 Submission Grappling	23 Private	24 Submission Grappling
25	26 Free Fighting Self defense	27 Free Fighting Self defense	28 Review Class	29 Free Fighting Self defense	30 Private	1 Free Fighting Self defense
2 St James Day	3 Stand- up Self Defense	4 Stand- up Self Defense	5 Review Class	6 Stand- up Self Defense	7 Private	8 Stand- up Self Defense

Ages 4-8 Class Time 4:30pm – 5:00 pm

Monday through Thursday

Am Class Time 9:30am-10:00am Saturday

Ages 9-13 Class Time 5:00 pm – 5:45pm

Monday through Thursday

Am Class Time 10:00am-10:30am Saturday

Ages 13-15 Class Time 6:40pm- 7:40pm

Monday through Thursday

Am Classes Time 10:30am-11:30am Mon, Wed, Sat.

Ages 16 & up Class Time 6:40pm -7:40pm

Beginner to Intermittent (White to Orange)

Monday through Thursday

Am Class Time 10:30am-11:30am Mon, Wed, Sat.

Ages 16 & up Class Time 7:40pm -8:40pm

(Orange / Black to Black)

Monday through Thursday

Am Class Times 10:30am-11:30am Mon,Wed,Sat.

Ages 16 & up Class Time 8:40pm -9:30pm

(All Black Belts)

Monday Only

Leadership Classes Monday @ 4:45 pm

Demo Class Wednesday@ 5 :45 pm

Week	Skills	Earn Points
Week 1	Focus/Concentration	10pts act of Kindness signed by parent
Week 2	Teamwork	10 pts Put all the Pads away on your own
Week 3	Control	10 pts In Front of the Class Recite the Student Creed
Week 4	Intensity	10 pts Demo the Falling Kata
Week 5	Comment	10 pts Bring a Friend in for a Class

American Jiu Jitsu Centers

Check Out Our Websites

www.americanjiujitsucenters.com



[www,Kiconcepts.com](http://www.Kiconcepts.com)



www.mmfightspace.com



www.topkicksuperfights.com



New, Events & Announcements

9/17/11 Student belt test Starts at 1145am

9/17/11 Black belt test starts at 2pm

Oct 2 ST James Day Demos at Noon and 2pm
come and show your support

Oct 10 new TBS program starts get in shape
for the Holidays

11/18/11 Top Kick Superfight next show tickets
on sale soon



412 Lake Avenue
St James NY, 11780
Phone: 631-360-8830