

NEW WAVE SCHEDULE

Effective **OCTOBER 05, 2009**

SCHOOL CREED

- 1) To build true confidence through knowledge in the mind, honesty in the heart and strength in the body
- 2) To keep friendships with one another and to build and strong and happy community
- 3) Never fight to achieve selfish ends... Only fight to protect what is right

10 PRINCIPLES OF THE SCHOOL

Respect - Self Control – Discipline – Integrity – Trust – Honor – Sincerity – Love – Peace - Joy

400 Warwick Ave -- Warwick RI 02888

401-781-3480

www.newwavesd.com

www.capoeirabcv.com

WE TEACH PRIVATE Lessons

Full Instructors/Monitores (\$140)

Assistant Instructors (\$100)

For a Book of 5 Privates



SPARRING GEAR

Full Gear - \$139.00

(Head, Hand, Shin, Foot, MPiece, Bag & cup included)

Chest sold separately

Classes are in the **MAIN DOJO** (*Dojo 1*) unless otherwise specified

KEMPO BEGINNERS (White to Orange)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers (3-6)	4:15pm					10:15am(2)
Kids and Teens	5:00pm			5:00pm		
Adults (16 & up)	7:15pm			7:30pm		11:00am

KEMPO INTERMEDIATES (Purple to Gray-Green)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids and Teens				5:45pm	5pm	
Adults (16 & up)	7:15pm			7:30pm		11:00am

KEMPO ADVANCED (Green to Black)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids and Teens				6:30pm		9:00am
Adults (16 & up)	7:15pm			7:30pm		9:00am & 11:00am

TEAMS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Black Belt Club	5:45pm						
Masters Club	6:30pm						
Kempo Leadership						10:15am	
Kempo Demo Team						2:00pm	
Capoeira Leadership	(every other Friday) 8:15pm						
Capoeira Demo Team						2:00pm	

CAPOEIRA BEGINNERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids (9 and Under)			5:45-6:30pm (2)			12-1pm (2)
No rank			6:30pm		6:00pm	12:30pm (2)
Cruas			6:30pm		6:00pm	12:30pm
Crua-Amerelas			6:30pm		6:00pm	12:30pm

CAPOEIRA INTERMEDIATES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Amarelas			5:15pm		6:00pm	12:30pm
Amarela-Laranja			5:15pm		6:00pm	12:30pm

CAPOEIRA ADVANCED and MONITORES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1ro Grads			7:45pm		6:45pm	12:30pm
2do Grads			7:45pm		6:45pm	12:30pm
Monitores			7:45pm		6:45pm	12:30pm

SPECIAL PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed Martial Arts	<i>Circuit Training</i>	7:45pm	6:30pm (2)	<i>Circuit Training</i>		11:00am
Kickboxing (San Shou)		<i>Circuit Training</i>	6:30pm (2)	<i>Circuit Training</i>		11:00am
CIRCUIT TRAINING (DOJO 2) Adult ONLY	5-7pm	5-30-9pm		5-8:30pm	5-8pm	8:30-10am

Our instructors can help design a **program that fits your needs and goals**

START-UP PACK \$149.99

(T-shirt, Full Gear, and School Patch)
Add \$25 for White Ghi



Full Gear - **\$139.00**

(Head, Hand, Shin, Foot, MPiece, Bag & cup included)

White Ghi - **\$29.99**

Chest sold separately



School Patch
\$9.99



\$15/each

START-UP PACK \$65.00

(Abadas, Tshirt, and CD)



Abadas with logo
\$45.00



Instep Guard
\$5.99



Ondas CD
\$15.00

START-UP PACK \$179.99

(MMA Shorts, T-shirt, Head Gear, Boxing Gloves, Shin/Instep, Cup, MPiece, and New Wave Bag)



MMA Shorts
\$49.99



(Kick)Boxing Gloves
(Black or Red)
\$29.99



Shin and Instep
(Black or Red)
\$29.99



Plain Black Kickboxing Shorts
\$34.99



Hand Wrap
\$7.99



Grappling Gloves
\$49.99



Head Gear
(Black or Red)
\$39.99

KEMPO PROGRAM

CAPOEIRA PROGRAM

KICKBOXING & MMA PROGRAMS