

# ONE WITH HEART ~~INDONESIAN~~ MARTIAL ARTS FALL SCHEDULE Effective Sept 5<sup>th</sup>

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

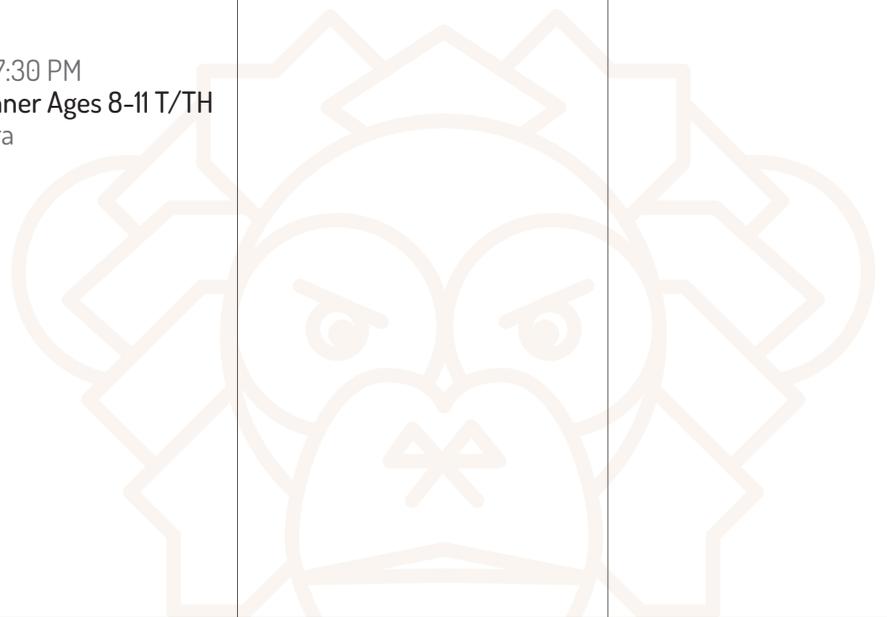
# ADULT/TEEN CLASSES

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



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



# KIDS CLASSES

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