



# ACADEMY SCHEDULE

Life-skills and Personal Development Program

[www.virginiatk.com](http://www.virginiatk.com)

1245 Cedar Road, Chesapeake (757) 558- 9869

BELT & AGE GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age 4-5 TIGER CUBS	4:15 PM (1)	4:15 PM (2)	4:15 PM (1)	4:15 PM (2)		
JR. WHITE & YELLOW BELTS	5:00 PM 6:00 PM					9:30 AM
JR. GREEN BELTS & BLUE BELTS		5:00 PM 6:00 PM				10:30 AM
JR. BROWN BELTS				5:00 PM 6:00 PM		11:30 AM
JR. RED & BLACK BELTS			5:00 PM 6:00 PM			11:30 AM
ADULT (ALL RANKS)	7:00 PM		7:00 PM		7:00 PM	
JIU-JITSU WHITE BELTS		5:00 PM		6:00 PM	5:00 PM	
JIU-JITSU ADVANCE BELTS		6:00 PM		5:00 PM	6:00 PM	
JIU-JITSU ADULT		7:00 PM		7:00 PM		

**UNIFORM POLICY:** Full Uniform or Academy T-Shirt ONLY. Only plain White T-Shirts under the Uniform Top are authorized for students. Black or White Shirts are authorized under the Uniform Top for Instructors. *Full Uniform must be worn at all Testings, Tournaments, Guest Instructor Visits, and as directed by Chief Instructor.*

<p><b>ON TIME POLICY</b> Students that arrive late for class will be allowed to participate; however, <b>NO CLASS CREDIT</b> will be issued. Students that <b>ARRIVE MORE THAN 10 MINUTES LATE</b> will <b>not</b> be allowed to</p>	<p><b>STUDENTS MUST TEST TO EARN NEW RANK</b> <b>FORMAL TESTINGS ARE HELD EVERY 10 WEEKS</b></p>					<p><b>STUDENT AGE BREAKDOWN</b> Juniors: 6-14 / Adults: 15+ <b>ALL STUDENTS MUST ATTEND CLASSES APPROPRIATE TO THEIR AGE GROUP</b> Class Duration: Tiger Cubs 30 Minutes, Juniors 90-120 Min., Adults 45-60 Min. Class Attendance Guidelines: <i>Attend minimum of 2 classes weekly</i></p>
	<p><b>MINIMUM CLASSES REQUIRED FOR TESTING</b></p>					
<p><b>RESTROOM POLICY</b> In order to avoid unnecessary interruptions during class, Students are required to use restroom prior to coming to class. <b>ONLY</b> Emergency restroom breaks during class are permitted.</p>	<p>WHITE</p> <p>12</p>	<p>YELLOW</p> <p>14</p>	<p>GREEN &amp; BLUE</p> <p>14</p>	<p>BROWN &amp; RED</p> <p>16</p>	<p>BLACK</p> <p>16</p>	

**Testing Cycle:** There are 5 ten-week training cycles each year. Students are required to meet minimum class attendance guidelines to be eligible to test. Lesson credit totals start over at the beginning of each cycle. No rank skips are allowed. If your minimum lesson credit attendance requirement is met, this does not guarantee that you will pass your rank exam.

**Learning Format:** The three Learning Formats are 1) *Formal Class Attendance*, 2) *Home Practice*, & 3) *Private Lessons*. All three learning formats are required to ensure Students are fully developing their

*The Academy management reserves the right to change the schedule at any time without notice (REVISED JANUARY 2025)*