



youth x-training by
Krav Maga WorldWide™

Sherman Oaks Schedule

MONDAY

3:30—4:00pm	km-Xplorers—Beginner	Jarrett / Christina
4:00—4:45pm	Level 1	Jarrett / Christina
4:45—5:30pm	Level 2	Jarrett / Christina
5:30—6:30pm	Level 3	Jarrett / Christina

TUESDAY

3:45—4:15pm	km-Xplorers—Beginner	Jarrett / Eve
4:15—4:45pm	km-Xplorers—Advanced	Jarrett / Eve
4:45—5:30pm	Intro to Sparring	Jarrett / Eve
5:30—6:15pm	Level 3	Jarrett

WEDNESDAY

3:45—4:30pm	Level 2	Junior / Pietro
4:30—5:15pm	Level 1	Junior / Pietro
5:15—6:00pm	Level 3	Jarrett / Pietro
6:00—7:00pm	Level 4	Jarrett / Pietro

THURSDAY

4:00—4:30pm	km-Xplorers—Beginner	Eve / Dylan
4:30—5:15pm	Level 1	Eve / Dylan
5:15—6:00pm	X-Class	Eve / Dylan
6:00—6:45pm	Level 4	Eve / Dylan

FRIDAY

3:45—4:15pm	km-Xplorers—Beginner	Dylan / Mario
4:15—4:45pm	km-Xplorers—Advanced	Dylan / Mario
4:45—5:30pm	Level 1	Dylan / Mario
5:30—6:15pm	Level 2	Dylan / Mario
6:15—7:00pm	Level 4	Dylan / Mario

SATURDAY

9:00—9:30am	km-Xplorers—Beginner	Junior / Eve
9:30—10:00am	km-Xplorers—Advanced	Junior / Eve
10:00—10:45am	Level 1	Junior / Eve
10:45—11:30am	Level 2	Junior / Eve
11:30—12:30pm	Level 3	Junior
12:30—1:30pm	Level 4	Junior

SUNDAY

9:00—9:30am	km-Xplorers—Beginner	Jarrett
1:30—2:30pm	Teen km-X (12 and older)	Jarrett

Self Defense • Fitness • Life Skills

15060 Ventura Blvd.—Sherman Oaks, CA 91403
818-377-8200 • www.kravmaga-kids.com



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WEDNESDAY

3:45—4:30pm	Level 2	Junior / Pietro
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FRIDAY

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11:30—12:30pm	Level 3	Junior
12:30—1:30pm	Level 4	Junior

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Sherman Oaks Schedule—Page 2

km-X: 8-13 Year Old Program **km-Xplorers: 5-7 Year Old Program**

Level 1

White Belt: 3 months

Level 2

Yellow Belt: 6 months

Level 3

Orange Belt: 6 months

Green Belt: 6 months

Level 4

Blue Belt: 6 months

Brown Belt: 6 months

Beginner

White Belt: 3 months

Yellow Belt: 3 months

Advanced

Orange I Belt: 3 months

Orange II Belt: 3 months

Green I Belt: 3 months

Green II Belt: 3 months

Blue Belt: 3 months

Brown Belt: 3 months

X-CLASS - 8-13 year olds only

This class is a great compliment to the km-X program. X-Class will focus on various types of cross-training programs such as: Muay Thai Kickboxing, Stick Defenses, Brazilian Jiu-Jitsu, Gymnastics, Mixed Martial Arts, Cinema Stunts, Sports Conditioning, and more! Open to any level student, 8-13 years old.

INTO TO SPARRING - 8-13 year olds only

Intro To Sparring will offer students a safe and fun way to learn slow-sparring fundamentals. With a focus on control and safety, students will get the opportunity to practice their km-X combatives and defenses in an encouraging and fun atmosphere. Sparring gear is mandatory! Open to any level student, 8-13 years old.

TEEN KM-X CLASS - 12-16 year olds only

This class is designed to transition our older km-X students into our adult Krav Maga program. This class follows the adult Krav Maga curriculum and introduces students to higher-intensity drills while continuing to teach control and the appropriate application of self defense techniques.

PARTIES

We are open for birthday parties Saturday and Sunday afternoons. Schedule your km-X party today... a unique party idea that will keep the birthday child and their guests talking for days! Students take \$100 off. Call today for more information on reserving your km-X party today!

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Level 2

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Level 3

Orange Belt: 6 months

Green Belt: 6 months

Level 4

Blue Belt: 6 months

Brown Belt: 6 months

Beginner

White Belt: 3 months

Yellow Belt: 3 months

Advanced

Orange I Belt: 3 months

Orange II Belt: 3 months

Green I Belt: 3 months

Green II Belt: 3 months

Blue Belt: 3 months

Brown Belt: 3 months

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