



**Perfect
Balance**

Master Agon's Perfect Balance Martial Arts and Fitness

Kendall Location

13550 SW 120th Street, Suite 500, Miami 33186

786-242-1075

Classes	A		B		Kick it – High Energy	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	6:45 - 7:15	6:00 - 6:30	6:45 - 7:15	6:00 - 6:30		9:00 - 9:30
Mini Tigers		5:00 - 5:30		5:00 - 5:30		
Leadership Level 2	6:00 - 6:45		6:00 - 6:45			
Leadership Level 3						
BBL	7:15 - 7:30	6:30 - 6:45	7:15 - 7:30	6:30 - 6:45		9:30 - 10:00

Students are expected to:

1. Arrive 10 – 15 minutes prior to class
2. Attend two times per week
3. Show respect for instructors and fellow students
4. Keep uniform clean and pressed, wear no jewelry
5. Place shoes and jackets neatly in dressing rooms or cubicles
6. Comply with qualification code & complete intent to promote letters
7. Maintain a high level of consistency in class attendance
8. Display black belt attitude & commitment
9. Maintain high performance in school work
10. Practice daily 10 to 15 minutes
11. Always show respect to Mom and Dad
12. Attend all intramural tournaments

Orientation Classes (White belts)
Mini Tigers (ages 3 & 4)
Introductory Classes (White – Yellow adv.)
Leadership level 2 (Gold – Green Advanced)
Leadership Level 3 (Blue – Brown Advanced)
XMA (Xtreme Martial Arts)
BBL (Black Belt Leadership)

White Belt

What You Say When You Talk To Yourself
Shed Hemstetter, Ph. D

Gold Belt

Psychology of Winning
Dr. Denis Waitley

Orange Belt

Maximum Achievement
Brian Tracy

Green Belt

7 Habits of Highly Effective People
Covey

Purple Belt

Unlimited Power
Tony Robins

Blue Belt

Awaken the Giant Within
Tony Robins

Advanced Blue Belt

The West Point Way of Leadership
Col. Larry Donnthorn

Against All Odds

Chuck Norris

Advanced Red Belt

The New Dynamics of Goal Setting
Dr. Dennis Waitley

TALK TO MRS. AGON ABOUT BIRTHDAY PARTIES!