



# The White Oak Martial Arts Center

*Building Black Belt Leaders*

*231 South Liberty St. Asheville, NC 28801*

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
10 AM		Private Lessons Available	Private Lessons Available	Private Lessons Available	Private Lessons Available	<u>Tai Chi</u> QiGong, Forms,
11 AM-12PM	<u>Tai Chi</u> QiGong, Forms	Private Lessons Available	<u>Tai Chi</u> QiGong, Tui Shou	Private Lessons Available	Private Lessons Available	and Tui Shou
4PM-4:45PM	<u>Adult All Levels</u> Core Internal Power Training/ Forms/ Apps	<u>Family White-Blue</u> <i>Weapons and Thought In Action</i> <u>Leadership Class</u>	<u>Adult All Levels</u> Core Internal Power Training/ Stick/ Sparring	<u>Family White-Blue</u> <i>Applications, forms, and Story</i> <u>Leadership Class</u>	Private Lessons Available	1PM- Birthday Parties
5PM-5:45PM	<u>Family Blue-Black</u> <i>Weapon and Thought In Action</i> <u>Leadership Class</u>	<u>Family Black Belts</u> <i>Forms, Kinetic Testing, and Application</i>	<u>Family All Levels</u> <i>Applications, forms, and Story</i> <u>Leadership Class</u>	<u>Family Black Belts</u> Weapons, Flow Drills, and Sparring	<u>Black Belt Exam Prep Class</u> <i>Specific Training for the Exam!</i>	
6PM-6:45PM	<u>Family White-Blue</u> <i>Weapon and Thought In Action</i> <u>Leadership Class</u>	<u>Family Blue-Black</u> <i>Weapon and Thought In Action</i> <u>Leadership Class</u>	<u>Family White-Blue</u> <i>Applications, forms, and Story</i> <u>Leadership Class</u>	<u>Family Blue-Black</u> <i>Applications, forms, and Story</i> <u>Leadership Class</u>	<u>Family All Levels</u> <i>Forms and Story</i>	
7PM-8PM	QiGong Health and Meditation	<u>Adult All Levels</u> Core Training/ Forms/ Apps		<u>Adult All Levels</u> Core Training/ Stick/ Sparring	<i>Extra Events as scheduled!</i>	

### Need Stuff?

[WhiteOakMartialArts.com](http://WhiteOakMartialArts.com) has lessons, curricula, articles, and more! Check it out!

### *Schedule a*

*Progress Meeting!*  
Be sure to schedule one every 2 months!

### *Take Private*

*Lessons with Master Croley!*  
Work on exactly what you need!

### *Take Control over who your family trains with!*

Invite a friend to class, as your guest they can try one week for FREE!

### *Visit our family of websites!*

[www.WACIMA.com](http://www.WACIMA.com)  
[www.MasterGeorgeXu.com](http://www.MasterGeorgeXu.com)  
[www.TaiChiMadeSimple.com](http://www.TaiChiMadeSimple.com)

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

Build Self Confidence with Humility, Self Respect with Discipline, and Perseverance with a Positive Attitude.



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