



# COMPLETE MARTIAL ARTS CLASS CURRICULUM

## August 2022

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*SUMMER CAMP*</b> 1</p> <p>10:00 Forms/Weapons</p> <p>4:45 Forms/Weapons</p> <p>5:30 Forms/Weapons</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 2</p> <p><b>National Night Out at Livingston Oval</b></p> <p><b>5:30pm Family Class and Demonstration</b></p> <p>No Classes at CMA!!</p>	<p><b>*SUMMER CAMP*</b> 3</p> <p>10:00 Forms/Pad Drills</p> <p>4:45 Forms/Pad Drills</p> <p>5:30 Forms/Pad Drills</p> <p><b>6:30 Taekwondo - Adults</b></p> <p><b>7:30 Jiu Jitsu - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 4</p> <p>4:45 Forms/Self Defense</p> <p><b>5:30 Jiu Jitsu - Kids</b></p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 5</p> <p>10:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p><b>6:30 Jiu Jitsu - Adults</b></p>	<p><b>NO CLASSES</b></p>
<p>8</p> <p>10:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p>9</p> <p><b>4:45 Jiu Jitsu - Kids</b></p> <p>5:30 Forms/Weapons</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p>10</p> <p>10:00 Forms/Step Sparring</p> <p>4:45 Forms/Step Sparring</p> <p>5:30 Forms/Step Sparring</p> <p><b>6:30 Taekwondo - Adults</b></p> <p><b>7:30 Jiu Jitsu - Adults</b></p>	<p><b>Shipp/Clint Leave</b> 11</p> <p>4:45 Forms/Pad Drills</p> <p><b>5:30 Jiu Jitsu - Kids</b></p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>Shipp/Clint Leave</b> 12</p> <p><b>CMA CLOSED FOR Seminar in Woodinville, WA</b></p>	<p>13</p> <p><b>Seminar in Woodinville, WA</b></p>
<p><b>*SUMMER CAMP*</b> 15</p> <p>10:00 Forms/Self Defense</p> <p>4:45 Forms/Self Defense</p> <p>5:30 Forms/Self Defense</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 16</p> <p><b>4:45 Jiu Jitsu - Kids</b></p> <p>5:30 Forms/Sparring</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 17</p> <p>10:00 Forms/Weapons</p> <p>4:45 Forms/Weapons</p> <p>5:30 Forms/Weapons</p> <p><b>6:30 Taekwondo - Adults</b></p> <p><b>7:30 Jiu Jitsu - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 18</p> <p>4:45 Forms/Step Sparring</p> <p><b>5:30 Jiu Jitsu - Kids</b></p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 19</p> <p>10:00 Board Breaking</p> <p><b>4:45 Board Breaking</b></p> <p><b>5:30 Board Breaking</b></p> <p><b>6:30 Jiu Jitsu - Adults</b></p>	<p><b>NO CLASSES</b></p>
<p><b>*SUMMER CAMP*</b> 22</p> <p>10:00 Forms/Pad Drills</p> <p>4:45 Forms/Pad Drills</p> <p>5:30 Forms/Pad Drills</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 23</p> <p><b>4:45 Jiu Jitsu - Kids</b></p> <p>5:30 Forms/Self Defense</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 24</p> <p>10:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p><b>6:30 Taekwondo - Adults</b></p> <p><b>7:30 Jiu Jitsu - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 25</p> <p>4:45 Forms/Weapons</p> <p><b>5:30 Jiu Jitsu - Kids</b></p> <p><b>6:30 Taekwondo - Adults</b></p>	<p><b>*SUMMER CAMP*</b> 26</p> <p>10:00 Forms/Step Sparring</p> <p><b>COLOR BELT PROMOTION TESTING</b></p> <p><b>4:30pm - All Ages</b></p> <p><b>6:30 Jiu Jitsu - Adults</b></p>	<p><b>NO CLASSES</b></p>
<p>29</p> <p>10:00 Forms/Step Sparring</p> <p>4:45 Forms/Step Sparring</p> <p>5:30 Forms/Step Sparring</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p>30</p> <p><b>4:45 Jiu Jitsu - Kids</b></p> <p>5:30 Forms/Pad Drills</p> <p><b>6:30 Taekwondo - Adults</b></p>	<p>31</p> <p>10:00 Forms/Self Defense</p> <p>4:45 Forms/Self Defense</p> <p>5:30 Forms/Self Defense</p> <p><b>6:30 Taekwondo - Adults</b></p> <p><b>7:30 Jiu Jitsu - Adults</b></p>	<p>1</p> <p>4:45 Forms/Sparring</p> <p><b>5:30 Jiu Jitsu - Kids</b></p> <p><b>6:30 Taekwondo - Adults</b></p>	<p>2</p> <p>10:00 Forms/Weapons</p> <p><b>4:45 FRIEND DAY !!!</b></p> <p><b>5:30 FRIEND DAY !!!</b></p> <p><b>6:30 Jiu Jitsu - Adults</b></p>	<p>3</p> <p><b>CMA CLOSED FOR LABOR DAY HOLIDAY</b></p>