



COMPLETE MARTIAL ARTS CLASS CURRICULUM

February 2024

Mon	Tue	Wed	Thu	Fri	Sat
29 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults	30 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	31 10:00 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	1 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	2 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Jiu Jitsu - Adults	3 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
5 10:00 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Taekwondo - Adults	6 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Taekwondo - Adults	7 10:00 Board Breaking 4:00 Board Breaking 4:45 Board Breaking 5:30 Board Breaking 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	8 4:00 Test Review 4:45 Test Review 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	9 10:00 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Jiu Jitsu - Adults	10 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training 1:00 Online Federation Training 2:15 Online Judging Course
12 10:00 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Taekwondo - Adults	13 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Taekwondo - Adults	14 10:00 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	15 4:00 Test Review 4:45 Test Review 5:30 Jiu Jitsu - Kids 6:30 TESTING-Adult & Teen	16 10:00 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Jiu Jitsu - Adults	17 9:00 Black Belt & Color Belt Testing Ages 8 and over 1:00 Color Belt Testing Ages 7 and under
19 WE WILL BE CLOSED ON PRESIDENTS DAY 	*CMA DAY CAMP* 20 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	*CMA DAY CAMP* 21 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	*CMA DAY CAMP* 22 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	*CMA DAY CAMP* 23 10:00 Forms/Self Defense 4:00 Friend Day!!! 4:45 Friend Day!!! 5:30 Friend Day!!! 6:30 Jiu Jitsu - Adults	24 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
26 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	27 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	28 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	1 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	2 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Jiu Jitsu - Adults	3 9:00 Immortal Dragon Tournament hosted at Complete Martial Arts