





COMPLETE MARTIAL ARTS CLASS CURRICULUM

January 2024

Mon	Tue	Wed	Thu	Fri	Sat
1 	2 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	3 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	4 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	5 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Jiu Jitsu - Adults	6 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
8 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults	9 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults	10 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	11 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	12 10:00 Forms/Self Defense 4:00 Friend Day!!! 4:45 Friend Day!!! 5:30 Friend Day!!! 6:30 Jiu Jitsu - Adults	13 9:00 TKD Tigers 10:00 Sparring Scrimmage @ CMA
15 	16 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	17 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	18 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	19 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Jiu Jitsu - Adults	20 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training 2:00 RSTP Shooting Range Randolph, NJ
22 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	23 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	24 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	25 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	26 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Jiu Jitsu - Adults	27 CMA CLOSED FOR SEMINAR! Tropicana Hotel Atlantic City
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