



COMPLETE MARTIAL ARTS CLASS CURRICULUM

July 2022

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--|
| 4 CMA CLOSED FOR INDEPENDENCE DAY HOLIDAY! | 5 *SUMMER CAMP* 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults | 6 *SUMMER CAMP* 10:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults | 7 *SUMMER CAMP* 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team | 8 *SUMMER CAMP* 10:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Jiu Jitsu - Adults | 9 NO CLASSES Master's Sparring Workshop Caldwell, NJ |
| 11 *SUMMER CAMP* 10:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults | 12 *SUMMER CAMP* 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults | 13 *SUMMER CAMP* 10:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults | 14 *SUMMER CAMP* 4:45 Forms/Step Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team | 15 *SUMMER CAMP* 10:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Jiu Jitsu - Adults | 16 NO CLASSES Shipp and Team will be conducting Summer Camp in the Czech Republic |
| 18 10:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults | 19 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults | 20 10:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults | 21 CMA CLOSED | 22 CMA CLOSED | 23 NO CLASSES Shipp and Team will be conducting Summer Camp in the Czech Republic |
| 25 *SUMMER CAMP* 10:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults | 26 *SUMMER CAMP* 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults | 27 *SUMMER CAMP* 10:00 Board Breaking 4:45 Board Breaking 5:30 Board Breaking 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults | 28 *SUMMER CAMP* 4:45 FRIEND DAY! 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults | 29 CMA CLOSED FOR CHICAGO TOURNAMENT! | 30 NO CLASSES Taekwon-do Championship Chicago, IL |