



COMPLETE MARTIAL ARTS CLASS CURRICULUM

June 2022

Mon	Tue	Wed	Thu	Fri	Sat
30 CMA CLOSED FOR MEMORIAL DAY!	31 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults	1 10:00 Forms/Step Sparring 4:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	2 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team	3 10:00 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Jiu Jitsu - Adults	4 10:00 Nationals Team
6 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 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	8 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	9 CMA CLOSED FOR NATIONALS TOURNAMENT!	10 CMA CLOSED FOR NATIONALS TOURNAMENT!	11 CMA CLOSED FOR NATIONALS TOURNAMENT!
13 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	14 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	15 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	16 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	17 10:00 Forms/Step Sparring 4:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Jiu Jitsu - Adults	18 10:00 Outdoor Testing Color Belt & Black Belt with Family Picnic Father's Day Training during testing!!!
20 10:00 Forms/Step Sparring 4:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults	21 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	*CMA HALF DAY CAMP* 22 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	*CMA HALF DAY CAMP* 23 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	24 CMA CLOSED	25 CMA CLOSED
27 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Taekwondo - Adults	28 4:00 Forms/Step Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults	29 10:00 Forms/Pad Drills 4:00 FRIEND DAY !!! 4:45 FRIEND DAY !!! 5:30 FRIEND DAY !!! 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	30 CMA CLOSED FOR INDEPENDENCE DAY HOLIDAY!	1 CMA CLOSED FOR INDEPENDENCE DAY HOLIDAY!	2 CMA CLOSED FOR INDEPENDENCE DAY HOLIDAY!