



COMPLETE MARTIAL ARTS CLASS CURRICULUM

March 2024

Mon	Tue	Wed	Thu	Fri	Sat
26 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Taekwondo - Adults	27 4:00 Tournament Training 4:45 Jiu Jitsu - Kids 5:30 Tournament Training 6:30 Taekwondo - Adults	28 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	1 4:00 Tournament Training 4:45 Tournament Training 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	2 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Jiu Jitsu - Adults	3 9:00 Immortal Dragon Tournament hosted at Complete Martial Arts
CMA HALF DAY CAMP 4 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults	*CMA HALF DAY CAMP* 5 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	*CMA HALF DAY CAMP* 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 7:30 Jiu Jitsu - Adults	7 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	8 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Jiu Jitsu - Adults	9 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
11 10:00 Board Breaking 4:00 Board Breaking 4:45 Board Breaking 5:30 Board Breaking 6:30 Taekwondo - Adults	12 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	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 7:30 Jiu Jitsu - Adults	14 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	15 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Jiu Jitsu - Adults	16 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training 11:00 Black Belt Ceremony
18 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults	19 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults	20 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	21 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	22 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	23 CMA CLOSED FOR TOURNAMENT! Seattle, WA
25 10:00 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	26 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	27 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	28 4:00 Friend Day!!! 4:45 Friend Day!!! 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	29 CLOSED for Good Friday	30 Closed for Easter