



# COMPLETE MARTIAL ARTS CLASS CURRICULUM

## May 2022

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 Forms/Self Defense  4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	3  4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	4 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	5  4:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team	6 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	7 9:00 TKD Tigers  10:00 Mother's Day Training
9 10:00 Forms/Pad Drills  4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	10 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	11 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	12 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team	13 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	14 NO CLASSES  Taekwon-do Championship Mount Saint Dominic Academy MSDA Athletic Center 3 Ryerson Ave, Caldwell, NJ
16 10:00 Forms/Step Sparring  4:00 Forms/Step Sparring 4:45 Forms/Step Sparring 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults	17 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	18 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	19 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team	20 10:00 Forms/Weapons  4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Jiu Jitsu - Adults	21 9:00 TKD Tigers  10:00 Nationals Team
23 10:00 Forms/Weapons  4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Taekwondo - Adults	24 4:00 Forms/Step Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Step Sparring 6:30 Taekwondo - Adults	25 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	26 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults 7:30 Nationals Team	27 10:00 Forms/Sparring  4:00 FRIEND DAY !!! 4:45 FRIEND DAY !!! 5:30 FRIEND DAY !!! 6:30 Jiu Jitsu - Adults	28 CMA CLOSED FOR MEMORIAL DAY!
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