




# COMPLETE MARTIAL ARTS CLASS CURRICULUM

## May 2024

Mon	Tue	Wed	Thu	Fri	Sat
29 10:00 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	30 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	1 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	2 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 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 Jiu Jitsu - Adults	4 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
6 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Taekwondo - Adults	7 4:00 Tournament Training 4:45 Jiu Jitsu - Kids 5:30 Tournament Training 6:30 Taekwondo - Adults	8 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	9 4:00 Tournament Training 4:45 Tournament Training 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	10 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Jiu Jitsu - Adults	11 9:00 TKD Tigers 10:00 Mother's Day Training All TKD Mom's are invited to attend this awesome class!
13 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Taekwondo - Adults	14 4:00 Tournament Training 4:45 Jiu Jitsu - Kids 5:30 Tournament Training 6:30 Taekwondo - Adults	15 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	16 4:00 Tournament Training 4:45 Tournament Training 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	17 10:00 Tournament Training 4:00 Tournament Training 4:45 Tournament Training 5:30 Tournament Training 6:30 Jiu Jitsu - Adults	18 9:00 CMA TOURNAMENT OF CHAMPIONS!!! This tournament is held here at CMA register online: <a href="http://cmanj.com/online-registration/">cmanj.com/online-registration/</a>
20 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Taekwondo - Adults	21 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	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 7:30 Jiu Jitsu - Adults	23 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	24 10:00 Forms/Sparring 4:00 Friend Day!!! 4:45 Friend Day!!! 5:30 Friend Day!!! 6:30 Jiu Jitsu - Adults	25 CLOSED FOR MEMORIAL DAY 
27 CLOSED FOR MEMORIAL DAY 	28 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults	29 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	30 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 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 Jiu Jitsu - Adults	1 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training