



COMPLETE MARTIAL ARTS CLASS CURRICULUM

October 2022

Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>10:00 Forms/Sparring</p> <p>4:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p>6:30 Taekwondo - Adults</p>	<p>4</p> <p>4:00 Forms/Pad Drills</p> <p>4:45 Jiu Jitsu - Kids</p> <p>5:30 Forms/Pad Drills</p> <p>6:30 Taekwondo - Adults</p>	<p>5</p> <p>**CMA DAY CAMP**</p> <p>10:00 Forms/Self Defense</p> <p>4:00 Forms/Self Defense</p> <p>4:45 Forms/Self Defense</p> <p>5:30 Forms/Self Defense</p> <p>6:30 Taekwondo - Adults</p> <p>7:30 Jiu Jitsu - Adults</p>	<p>6</p> <p>10:00 Forms/Sparring</p> <p>4:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Jiu Jitsu - Kids</p> <p>6:30 Taekwondo - Adults</p>	<p>7</p> <p>10:00 Forms/Weapons</p> <p>4:00 FRIEND DAY!</p> <p>4:45 FRIEND DAY!</p> <p>5:30 FRIEND DAY!</p> <p>6:30 Jiu Jitsu - Adults</p>	<p>8</p> <p>9:00 TKD Tigers</p> <p>10:00 Demonstration Team & Tournament Training</p>
<p>10</p> <p>10:00 Forms/Weapons</p> <p>4:00 Forms/Weapons</p> <p>4:45 Forms/Weapons</p> <p>5:30 Forms/Weapons</p> <p>6:30 Taekwondo - Adults</p>	<p>11</p> <p>4:00 Forms/Sparring</p> <p>4:45 Jiu Jitsu - Kids</p> <p>5:30 Forms/Sparring</p> <p>6:30 Taekwondo - Adults</p>	<p>12</p> <p>10:00 Forms/Pad Drills</p> <p>4:00 Forms/Pad Drills</p> <p>4:45 Forms/Pad Drills</p> <p>5:30 Forms/Pad Drills</p> <p>6:30 Taekwondo - Adults</p> <p>7:30 Jiu Jitsu - Adults</p>	<p>13</p> <p>4:00 Forms/Self Defense</p> <p>4:45 Forms/Self Defense</p> <p>5:30 Jiu Jitsu - Kids</p> <p>6:30 Taekwondo - Adults</p>	<p>14</p> <p>10:00 Forms/Sparring</p> <p>4:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p>6:30 Jiu Jitsu - Adults</p>	<p>15</p> <p>9:00 TKD Tigers</p> <p>10:00 Demonstration Team & Tournament Training</p>
<p>17</p> <p>10:00 Test Review</p> <p>4:00 Test Review</p> <p>4:45 Test Review</p> <p>5:30 Test Review</p> <p>6:30 Taekwondo - Adults</p>	<p>18</p> <p>4:00 Test Review</p> <p>4:45 Jiu Jitsu - Kids</p> <p>5:30 Test Review</p> <p>6:30 Taekwondo - Adults</p>	<p>19</p> <p>10:00 Board Breaking</p> <p>4:00 Board Breaking</p> <p>4:45 Board Breaking</p> <p>5:30 Board Breaking</p> <p>6:30 Taekwondo - Adults</p> <p>7:30 Jiu Jitsu - Adults</p>	<p>20</p> <p>4:00 Test Review</p> <p>4:45 Test Review</p> <p>5:30 Jiu Jitsu - Kids</p> <p>6:30 Taekwondo - Adults</p>	<p>21</p> <p>10:00 Test Review</p> <p>4:00 Test Review</p> <p>4:45 Test Review</p> <p>5:30 Test Review</p> <p>6:30 Jiu Jitsu - Adults</p>	<p>22</p> <p>9:00 TKD Tigers</p> <p>10:00 Demonstration Team & Tournament Training</p>
<p>24</p> <p>10:00 Test Review</p> <p>Professional Photo Day No evening classes</p>	<p>25</p> <p>4:00 Test Review</p> <p>4:45 Jiu Jitsu - Kids</p> <p>5:30 Test Review</p> <p>6:30 Taekwondo - Adults</p>	<p>26</p> <p>10:00 Test Review</p> <p>4:00 Test Review</p> <p>4:45 Test Review</p> <p>5:30 Test Review</p> <p>6:30 Taekwondo - Adults</p> <p>7:30 Jiu Jitsu - Adults</p>	<p>27</p> <p>4:00 Test Review</p> <p>4:45 Test Review</p> <p>5:30 Jiu Jitsu - Kids</p> <p>6:30 Taekwondo - Adults</p>	<p>28</p> <p>10:00 TESTING - Adults</p> <p>HALLOWEEN PARTY 5PM - 7PM WEAR YOUR COSTUME!</p>	<p>29</p> <p>9:00 TKD Tigers</p> <p>10:00 TESTING Black Belt & Color Belt ages 8 and up</p> <p>1:00 TESTING Color Belts ages 7 and under</p>
<p>31</p> <p>10:00 Forms/Pad Drills</p> <p>HAPPY HALLOWEEN!! NO REGULAR CLASSES</p>	<p>1</p> <p>4:00 Forms/Self Defense</p> <p>4:45 Jiu Jitsu - Kids</p> <p>5:30 Forms/Self Defense</p> <p>6:30 Taekwondo - Adults</p>	<p>2</p> <p>10:00 Forms/Sparring</p> <p>4:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p>6:30 Taekwondo - Adults</p> <p>7:30 Jiu Jitsu - Adults</p>	<p>3</p> <p>4:00 Forms/Weapons</p> <p>4:45 Forms/Weapons</p> <p>5:30 Jiu Jitsu - Kids</p> <p>6:30 Taekwondo - Adults</p>	<p>4</p> <p>10:00 Forms/Sparring</p> <p>4:00 Forms/Sparring</p> <p>4:45 Forms/Sparring</p> <p>5:30 Forms/Sparring</p> <p>6:30 Jiu Jitsu - Adults</p>	<p>5</p> <p>9:00 TKD Tigers</p> <p>10:00 Demonstration Team & Tournament Training</p>