



COMPLETE MARTIAL ARTS CLASS CURRICULUM

September 2022

Mon	Tue	Wed	Thu	Fri	Sat
29 CMA CLOSED	30 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	31 10:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults 7:30 Jiu Jitsu - Adults	*AFTER SCHOOL BEGINS* 1 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	2 10:00 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Jiu Jitsu - Adults	3 CMA CLOSED FOR LABOR DAY HOLIDAY
5 CMA CLOSED FOR LABOR DAY HOLIDAY	6 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	7 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	8 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	9 10:00 Board Breaking 4:00 Board Breaking 4:45 Board Breaking 5:30 Board Breaking 6:30 Jiu Jitsu - Adults	10 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
12 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Taekwondo - Adults	13 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Taekwondo - Adults	14 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	15 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	16 10:00 Forms/Self Defense 4:00 FRIEND DAY! 4:45 FRIEND DAY! 5:30 FRIEND DAY! 6:30 Jiu Jitsu - Adults	17 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training 11:30 Black Belt Ceremony & Pot Luck
19 10:00 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	20 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Taekwondo - Adults	21 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	22 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	23 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	24 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training
CMA DAY CAMP 26 10:00 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Taekwondo - Adults	**CMA DAY CAMP** 27 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Taekwondo - Adults	28 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	29 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Jiu Jitsu - Kids 6:30 Taekwondo - Adults	30 10:00 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Jiu Jitsu - Adults	1 9:00 TKD Tigers 10:00 Demonstration Team & Tournament Training