



JANUARY 2016

Tran's Martial Arts

Curriculum Days: A Day- Forms B Day- Combinations C Day- Step Defense D Day- Sparring (Wear Gear) E Day- Self Defense

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
31 Parents- Kick start a new healthy year by Getting started in one of our Programs. Tae Kwon Do, Kickboxing or TransFit. Get siblings started this year and make it a Family Program. <i>"A family that kicks together, sticks together"</i>					1 HAPPY NEW YEAR	2 A DAY	
3	4 C DAY	5 Sparring Gear D DAY	6 E DAY	7 A DAY	8	9 B DAY	
10 CURRICULUM REVIEW WEEK: <i>We will review lower belt curriculum in classes.</i>	11 Sparring Gear D DAY	12-16 FITNESS WEEK- WE WILL WORK ON PUSH UPS & SIT UPS! To help students w/ fitness requirements!				15	16 C DAY
17 REVIEW STRIPE TESTING WEEK!	18 E DAY	19 A DAY	20 B DAY	21 Leadership Night Lil' Dragons 4:30-5:00 Juniors: 5:00-5:45PM Adults: 5:45-6:30PM TransFit 6:30PM NO REG CLASSES	22	23 Sparring Gear D DAY	
24 MANDATORY TRADITIONAL TOP WEEK: <i>Students must wear traditional dobok tops to all classes.</i>	25 A DAY	26 B DAY	27 C DAY	28 Sparring Gear D DAY	29 Red Carpet Promotion Night 5:30 PM	30 E DAY	