



FEBRUARY 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 |
|--|--|--|-------|---|---|---|
| BRONCO Shirts May Be Worn This Week the 3rd-6th! GO BRONCOS!!! | 1 | 2 | 3 | 4 | 5 | 6 |
| | Tran's Team Meeting 7:30PM B DAY | BUDDY WEEK - Invite a friend/sibling to join you in class! | | | | |
| 7 CURRICULUM REVIEW WEEK: <i>We will review lower belt curriculum in classes.</i> | 8 | 9 | 10 | 11 | 12 | 13 |
| | C DAY | FITNESS WEEK- WE WILL WORK ON PUSH UPS & SIT UPS! To help students w/ fitness requirements! | | | | |
| 14 REVIEW STRIPE TESTING WEEK! | 15 | 16 | 17 | 18 | 19 | 20 |
| | D DAY | E DAY | A DAY | Leadership Only Lil' Dragons 4:30-5PM Juniors: 5:00-5:45PM Adults: 5:45-6:30PM TransFit 6:30-7:15PM NO REG CLASSES | | C DAY |
| 21 MANDATORY TRADITIONAL TOP WEEK: Students must wear traditional dobok tops to all classes. | 22 | 23 | 24 | 25 | 26 | 27 |
| | E DAY | A DAY | B DAY | C DAY | Red Carpet Promotion Night 5:30 PM | |
| 28 | 29 | 1 | 2 | 3 | 4 | 5 |
| | A DAY | MARCH Junior Beg. Class 5:30PM PARENTS AS COACHES B DAY | C DAY | | | Black Belt Candidate Practice Fitness Test 9AM E DAY |