

MARCH 2016 Tran's Martial Arts 🞇



| Curriculum Days: A | Day– Forms B Da | ay– Combinations | C Day- Step Defense | D Day– Sparring (\ | Wear Gear) E Day | – Self De- |
|--|---|------------------|---------------------------|---|----------------------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| BRING IT ON E Sign Up at the Reserve your spot a \$20 non leadership \$15 Master Club & Li | e Front Desk at the Board Bash! students/ | 1 B DAY | 2 C DAY | Sparring Goar D DAY | 4 | 5 Black Belt Candidate Practice Fitness Test 9AM E DAY |
| 6 CURRICULUM REVIEW WEEK: We will review lower belt curriculum in classes. | 7 | 8 | 9 | 10 | 11 | 12 |
| | | BUDDY W | /EEK - Invite a fr | riend/sibling to join | you in class! | |
| | B DAY | C DAY | Sparring Goal | E DAY | | A DAY |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| REVIEW STRIPE TESTING WEEK! | FITNESS WI | EEK- WE WILL WOI | RK ON PUSH UPS & SIT U | JPS! Staticks | To help students w/ fitr | ess requirements! |
| | C DAY | Sparrag Goa | E DAY | GREEN SHIRT DAY A DAY | | B DAY |
| 20 | 21 | 22 | 23 | 24 BRING IT ON | 25 | 26 |
| MANDATORY TRADITIONAL TOP WEEK: Students must wear traditional dobok | | | | Board Bash 2T 4:30-5:00PM | Red Carpet Promotion Night | |
| tops to all classes. | Spanning of Day | E DAY | A DAY | Juniors 5:00-5:45PM Adults 5:45-6:30PM | 5:30 PM | C DAY |
| 27 Laster | 28 | 29 | 30 | 31 | 1 APRIL | 2 Black Belt Candidate Fitness Test 9AM |
| | E DAY | A DAY | B DAY | C DAY | | Sparring Geal |