September 2016 Tran's Martial Arts

A Day– Forms B Day- Combinations C Day- Step Defense E Day-Self Defense D Day-Sparring (Wear Gear) **Curriculum Days:** Sun Mon Tue Wed Thu Fri Sat VIP BUDDY MONTH Blcak Belt Candidate Parents: Do you know anyone who could benefit from our program or just want to Practice Fitness Test get involved into something to have some fun? Invite your childs Friends From 9AM School or from your neighborhood, or a CO-Worker to come join you in a class. Please remember it must be a different friend each time. All new students must have An adult sign a waiver. A DAY **B DAY** 5 8 9 10 -CLOSED-LABOR DAY **E DAY** A DAY **BDAY** C DAY 13 14 15 16 17 11 12 **CURRICULUM** REVIEW WEEK We will review lower belt curriculum in clas-E DAY A DAY **BDAY CDAY** 18 20 21 22Leadership Night 24 REVIEW STRIPE Lil' Dragons 4:30-5:00 TESTING WEEK: I Juniors: 5:00-5:45PM Students planning to belt Adults: 5:45-6:30PM promote need to test for TransFit 6:30-7:15PM their review stripe. A DAY **BDAY** C DAY NO REG CLASSES E DAY 27 25 26 28 29 30 1 OCTOBER MANDATORY **Red Carnet** TRADITIONAL TOP **Promotion Night WEEK:** Students must 5:30 PM wear traditional dobok tops to all classes. **CDAY B DAY E DAY No Kickboxing Class** A DAY