

NEXT BELT RANK TESTING

SHADOW MOOGI'S

TUESDAY, MARCH 31ST

(DURING NORMAL CLASS TIMES)

DRAGON SQUAD JR, DRAGON SQUAD, AND GTMA ATHLETES

WEDNESDAY, APRIL 1ST

White, Orange, Yellow, Camo, Green, and Purple

4:30pm – 5:45pm

Blue, Brown, Red, Black Belt Candidate, and Black Belts

5:45pm – 7:15pm

SHADOW MOOGI

(AGES 4.5 TO 6 IN THE 1ST CLASS OF EACH DAY)

WEEK 10 (MAR. 30TH, 2026)

MONDAY

- PARKOUR

TUESDAY

- BELT RANK TESTING FOR SHADOW MOOGI'S
 - THERE ARE STILL CLASSES TODAY FOR ALL SHADOW MOOGI STUDENTS, REGARDLESS OF TESTING STATUS

WEDNESDAY

- NO CLASSES TODAY FOR SHADOW MOOGI'S
 - BELT RANK TESTING FOR DRAGON SQUAD JR, DRAGON SQUAD, AND GTMA ATHLETES

THURSDAY

- FUN DAY

FRIDAY

- PARKOUR

SATURDAY

- BOARD BREAKING
- BAG DRILLS

COLOR BELTS AND BLACK BELTS

WEEK 10 (MAR. 30TH, 2026)

MONDAY

- WHITE, ORANGE AND YELLOW BELTS
 - OPEN HAND BASICS
 - OPEN HAND FORMS
 - BOARD BREAKING

- CAMOUFLAGE BELT AND ABOVE
 - OPEN HAND FORMS
 - WEAPONS FORMS
 - BOARD BREAKING

TUESDAY

- TRADITIONAL SPARRING
- COMBAT STICK SPARRING
 - (STUDENTS WITH SPARRING GEAR SHOULD BRING IT TODAY)

WEDNESDAY

- BELT RANK TESTING
 - NO CLASSES WILL BE HELD FOR STUDENTS WHO ARE NOT TESTING FOR A NEW BELT RANK.

THURSDAY

- GROUND FIGHTING
 - ALL STUDENTS
 - (NO SPARRING GEAR NEEDED)

FRIDAY

- FUN DAY

SATURDAY

- OPEN HAND BASICS
- OPEN HAND FORMS