

**ALL THE TESTING DATES LISTED BELOW ARE TENTATIVE UNTIL WE GET
CLOSER TO FITNESS BOOTCAMP**

FITNESS BOOTCAMP

IS PLANNED FOR

FRIDAY, MARCH 13TH

NEXT BELT RANK TESTING

IS PLANNED FOR

THE BEGINNING OF APRIL

SHADOW MOOGI

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

WEEK 2 (FEB. 2ND, 2026)

MONDAY

- PARKOUR

TUESDAY

- OPENHAND BAG DRILLS
 - KICKS AND STRIKES

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- OPEN HAND FORMS
- BOARD BREAKING

FRIDAY

- PARKOUR

SATURDAY

- OPENHAND BAG DRILLS
 - STANCES AND BLOCKS

COLOR BELT AND BLACK BELT STUDENTS

WEEK 2 (FEB. 2ND, 2026)

MONDAY

- WHITE, ORANGE AND YELLOW BELTS
 - OPEN HAND BASICS AND FORMS
- CAMO – BLACK BELT CANDIDATES
 - OPEN HAND BASICS AND FORMS
- BLACK BELTS
 - OPEN HAND BASICS AND FORMS

TUESDAY

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

THURSDAY

- WHITE, ORANGE AND YELLOW BELTS
 - WEAPONS BASICS
- CAMO – BLACK BELT CANDIDATES
 - WEAPONS BASICS AND FORMS
- BLACK BELTS
 - WEAPONS BASICS AND FORMS

FRIDAY

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

SATURDAY

- BAG DRILLS