

TEAM XSAMA IS
CLOSED
MONDAY ON FEB. 16TH
FOR PRESIDENTS DAY

**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 3 (FEB. 9th, 2026)

MONDAY

- PARKOUR

TUESDAY

- SELF-DEFENSE BAG DRILLS

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- SELF-DEFENSE BAG DRILLS

FRIDAY

- PARKOUR

SATURDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - WEAPONS BASICS
- CAMOUFLAGE BELT AND HIGHER
 - WEAPONS FORMS

COLOR BELT AND BLACK BELT STUDENTS

WEEK 3 (FEB. 9th, 2026)

MONDAY

- ALL BELT RANKS
 - SELF-DEFENSE BAG DRILLS

TUESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

- ALL BELT RANKS
 - SELF-DEFENSE BAG DRILLS