

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

**ALL THE TESTING DATES LISTED BELOW ARE TENTITIVE 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 4 (FEB. 16th, 2026)

MONDAY

- CLOSED FOR PRESIDENTS DAY

TUESDAY

- OPENHAND FORMS

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- SELF-DEFENSE BAG DRILLS
- BOARD BREAKING

FRIDAY

- PARKOUR

SATURDAY

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

COLOR BELT AND BLACK BELT STUDENTS

WEEK 4 (FEB. 16th, 2026)

MONDAY

- CLOSED FOR PRESIDENTS DAY

TUESDAY

- COLOR BELTS
 - OPENHAND FORMS
- BLACK BELTS
 - GROUND FIGHTING

THURSDAY

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

FRIDAY

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

SATURDAY

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