

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

FITNESS BOOTCAMP

IS

FRIDAY, MARCH 13TH

LAS VEGAS TOURNAMENT

IS

SATURDAY, MARCH 21ST

NEXT BELT RANK TESTING

IS

WEDNESDAY, APRIL 1ST

SHADOW MOOGI

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

WEEK 6 (MAR. 2ND, 2026)

MONDAY

- PARKOUR

TUESDAY

- BOARD BREAKING
- OPEN HAND FORMS

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- SELF-DEFENSE
- OPEN HAND BASICS

FRIDAY

- PARKOUR

SATURDAY

- OPENHAND FORMS
- BLOCKING DRILLS

COLOR BELTS AND BLACK BELTS

WEEK 6 (MAR. 2ND, 2026)

MONDAY

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

TUESDAY

- OPEN HAND FORMS
 - ALL STUDENTS
- WEAPONS FORMS
 - CAMOUFLAGE BELT AND ABOVE
- BOARD BREAKING
 - WHITE, ORANGE AND YELLOW BELTS

THURSDAY

- FITNESS BOOT CAMP PREP

FRIDAY

- OPEN HAND FORMS
 - ALL STUDENTS
- BOARD BREAKING
 - ALL STUDENTS

SATURDAY

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