

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

FITNESS BOOTCAMP

IS THIS FRIDAY

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 7 (MAR. 9TH, 2026)

MONDAY

- PARKOUR

TUESDAY

- BAG DRILLS
 - JUMPING
- OPEN HAND BASICS

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- FITNESS BOOTCAMP FOR ALL SHADOW MOOGI STUDENTS

FRIDAY

- PARKOUR

SATURDAY

- BAG DRILLS
 - STRIKING
- BOARD BREAKING

COLOR BELTS AND BLACK BELTS

WEEK 7 (MAR. 9TH, 2026)

MONDAY

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

TUESDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - BAG DRILLS
 - JUMPING, ROLLING AND KICKING
- CAMOUFLAGE – BLACK BELT
 - WEAPONS BASICS AND FORMS

THURSDAY

- BOARD BREAKING
- OPEN HAND BASICS

FRIDAY

- FITNESS BOOTCAMP FOR ALL STUDENTS

SATURDAY

- OPEN HAND FORMS
- BOARD BREAKING