

**LAS VEGAS TOURNAMENT**

**IS**

**SATURDAY, MARCH 21<sup>ST</sup>**

**NEXT BELT RANK TESTING**

**IS**

**WEDNESDAY, APRIL 1<sup>ST</sup>**

# SHADOW MOOGI

(AGES 4.5 TO 6 IN THE 1<sup>ST</sup> CLASS OF EACH DAY)

**WEEK 8 (MAR. 16<sup>TH</sup>, 2026)**

## MONDAY

- PARKOUR

## TUESDAY

- SPARRING DRILLS
  - FOOTWORK
- OPEN HAND FORMS

## WEDNESDAY

- TUMBLING AND TRICKING

## THURSDAY

- GROUND FIGHTING
  - BREAK FALLS
- OPEN HAND BASICS

## FRIDAY

- PARKOUR

## SATURDAY

- OPENHAND FORMS
- BOARD BREAKING

## COLOR BELTS AND BLACK BELTS

### WEEK 8 (MAR. 16<sup>th</sup>, 2026)

#### MONDAY

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

#### TUESDAY

- OPEN HAND FORMS **AND** OPEN HAND BASICS

#### THURSDAY

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

#### FRIDAY

- OPEN HAND FORMS **AND** OPEN HAND BASICS
  - WHITE, ORANGE AND YELLOW BELTS
- WEAPONS FORMS **AND** WEAPONS BASICS
  - CAMOUFLAGE BELT AND ABOVE

#### SATURDAY

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