

NEXT BELT RANK TESTING

SHADOW MOOGI'S

TUESDAY, MARCH 31ST

(DURING NORMAL CLASS TIMES)

DRAGON SQUAD JR, DRAGON SQUAD, AND GTMA ATHLETES

WEDNESDAY, APRIL 1ST

6 – 8 Year Olds

4:30pm – 6:00pm

9 Year Olds – Adults

6:00pm – 7:30pm

SHADOW MOOGI

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

WEEK 9 (MAR. 23RD, 2026)

MONDAY

- PARKOUR

TUESDAY

- OPEN HAND BASICS
- OPEN HAND FORMS

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- BOARD BREAKING
- OPEN HAND BASICS

FRIDAY

- PARKOUR

SATURDAY

- OPENHAND BASICS
- OPEN HAND FORMS
- BOARD BREAKING

COLOR BELTS AND BLACK BELTS

WEEK 9 (MAR. 23RD, 2026)

MONDAY

- WHITE, ORANGE AND YELLOW BELTS
 - OPEN HAND BASICS
 - OPEN HAND FORMS

- CAMOUFLAGE BELT AND ABOVE
 - OPEN HAND FORMS
 - WEAPONS FORMS

TUESDAY

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

THURSDAY

- BOARD BREAKING

FRIDAY

- WHITE, ORANGE AND YELLOW BELTS
 - OPEN HAND BASICS
 - OPEN HAND FORMS

- CAMOUFLAGE BELT AND ABOVE
 - OPEN HAND BASICS
 - WEAPONS BASICS

SATURDAY

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