

SUN	MON	TUE	WED	THU	FRI	SAT
Self-Defense	27	28	29	30	31	1
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
2	3	4	5	6	7	8
KICKING (White to Yellow) & SPARRING WEEK (Green St & Up)						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	SCHOOL CLOSED -Family Day-					Dynamic Skills Challenge
KICKING (White to Yellow) & SPARRING WEEK (Green St & Up)						
23	24	25	26	27	28	1

### SCHOOL CLOSED MONDAY, FEB 17

In observance of Family Day Holiday  
NO make-up class for this closure

### 5<sup>th</sup> DYNAMIC SKILLS CHALLENGE

**SATURDAY, FEB 22**

- Cornwall Location | 2:00 PM – 6:00 PM
- Open for all ages and all belt levels

### SPARRING WEEK

#1 MON, FEB 3 – SAT, FEB 8

#2 TUE, FEB 18 – SAT, FEB 22

- Green Stripe & Up must bring Sparring Gear
- Please arrive 15 minutes earlier

### 137<sup>th</sup> COLOUR BELT TEST

**FRIDAY, MARCH 7**

TEENS & ADULTS – 8:45 PM

**SATURDAY, MARCH 8**

TIGER TOTS & JR WHITE – 2:15 PM

JR YELLOW ST & YELLOW – 3:15 PM

JR GREEN ST & GREEN – 4:15 PM

JR BLUE & UP – 5:15 PM

### MARCH BREAK CAMP

MON, MAR 10 – FRI, MAR 14

8:30 AM – 4:00 PM

- Spots are filling up quickly! Register now!
- All classes will run as scheduled