



MONTHLY SCHEDULE – MARCH 2019

| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|--|---------|-----|-----|--------|--------|--------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| REVIEW WEEK | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| FORM & HAND TECHNIQUES WEEK | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| KICKING TECHNIQUES & BREAKING BOARD WEEK | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| SPARRING WEEK (YELLOW BELT & UP MUST BRING SPARRING GEAR!!) | | | | | | |
| 31 | April 1 | 2 | 3 | TEST 4 | TEST 5 | TEST 6 |
| REVIEW WEEK | | | | | | |
| Belt Ceremony 7 | | | | | | |