





PRECISION MARTIAL ARTS ACADEMY

Unit 105, 15 Circle Drive, St. Albert, Alberta, Canada, T8N-3Y7

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Fitness ● Lifestyle ● Self-defense ● Sport



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 10:00 a.m. EXECUTIVE TRAINING	6:00 - 10:00 a.m. EXECUTIVE TRAINING	6:00 - 10:00 a.m. EXECUTIVE TRAINING	6:00 - 10:00 a.m. EXECUTIVE TRAINING	6:00 - 10:00 a.m. EXECUTIVE TRAINING	
10:00 a.m. - 3:00 p.m. Personal Training / Small Group Training / School Field Trips (By Appt. Only)	10:00 a.m. - 3:00 p.m. Personal Training / Small Group Training / School Field Trips (By Appt. Only)	10:00 a.m. - 3:00 p.m. Personal Training / Small Group Training / School Field Trips (By Appt. Only)	10:00 a.m. - 3:00 p.m. Personal Training / Small Group Training / School Field Trips (By Appt. Only)	10:00 a.m. - 3:00 p.m. Personal Training / Small Group Training / School Field Trips (By Appt. Only)	
4:45 - 5:30 p.m. Children Beginners (1) (White to Green Stripe)	4:45 - 5:30 p.m. Lil' Panthers (Active Start - Ages 4 to 6)	4:45 - 5:30 p.m. Children Beginners (1) (White to Green Stripe)	4:45 - 5:30 p.m. Lil' Panthers (Active Start - Ages 4 to 6)	5:00 - 6:00 p.m. Children Intermediate (Green Belt to Blue) (1 & 2)	10:30 - 11:30 a.m. CHILDREN OPEN
5:30 - 6:15 p.m. Children Intermediate (1) (Green Belt to Blue)	5:30 - 6:15 p.m. Children Beginners (2) (White to Green Stripe)	5:30 - 6:15 p.m. Children Intermediate (1) (Green Belt to Blue)	5:30 - 6:15 p.m. Children Beginners (2) (White to Green Stripe)	6:00 - 7:00 p.m. Children Advanced (Red Stripe to JBB) (1 & 2)	11:30 - 12:30 p.m. BB / JBB / AD / JR OPEN
6:15 - 7:00 p.m. Children Advanced (1) (Red Stripe to JBB)	6:15 - 7:00 p.m. Children Intermediate (2) (Green Belt to Blue) & Advanced (2)	6:15 - 7:00 p.m. Children Advanced (1) (Red Stripe to JBB)	6:15 - 7:00 p.m. Children Intermediate (2) (Green Belt to Blue) & Advanced (2)	7:00 - 8:00 p.m. BB / AD / JR OPEN	1:00 - 5:00 p.m. BIRTHDAY PARTY BOOKINGS
7:00 - 8:00 p.m.  (Registration Required)	7:00 - 8:00 p.m. SPARRING OPEN (Tournament Prep)	7:00 - 8:00 p.m.  (Registration Required)	7:00 - 8:00 p.m. POOMSAE OPEN (Review / Testing & Tournament Prep)	8:00 - 8:50 p.m. Mandatory LTT Leadership Team Training (2 nd Friday of each Month)	SATURDAY CLOSURES THERE WILL BE NO SATURDAY CLASSES on scheduled Promotion Tests, for periodic special events / workshops, Holiday weekends and during Christmas & New Year's break. Always refer to www.pmaa.ca
8:00 - 9:00 p.m. BB / AD / JR OPEN	8:00 - 9:00 p.m. BB / AD / JR OPEN	8:00 - 9:00 p.m. ALL BLACK BELTS (1 st Poom to 6 th Dan)	8:00 - 9:00 p.m. BB / AD / JR OPEN		

ATTENTION PMAA STUDENTS: Book YOUR Private Training Session with Master Sadler to learn, improve and MASTER YOUR
Poomsae ● Self-defense ● Weapons ● Breaking ● Sparring ● Testing & Tournament Prep ● Black Belt Prep ● Fitness

CLASS DESIGNATION

LP - Lil' Panthers (Active Start - Ages 4 to 6 years)

CH - Children (Ages 7 to 13)

JR - Junior (Ages 13 to 15)

AD - Adult (Ages 16+)

JBB - Junior Black Belts (1st to 3rd Poom)

BB - Black Belts (1st to 6th Dan)

STAY CONNECTED & INFORMED!



PMAA SCHEDULE

- ☉ PMAA reserves the right to change class schedules / formats as required to accommodate student' needs and to provide the BEST and most efficient, safe and progressive training possible.
- ☉ Students may be transferred or placed in higher / older aged classes **at Master Sadler's sole discretion** to BEST serve their individual needs, goals and progression.
- ☉ Students are permitted to attend no more than 3 classes per week. No double / back-to-back classes are permitted with the exception of Black Belt Students.
- ☉ ALL Students must arrive early and be prepared for training. **Students will be dismissed if arriving late.** Please phone PMAA's office at (780) 544-9931 if going to be late within reason and we will permit Students to participate.
- ☉ On Scheduled **"S" (SPARRING NIGHTS)**, ALL Students must arrive early and bring their Safety Equipment to change into and be ready for training. **NO GEAR = NO CLASS PARTICIPATION.**
- ☉ Please address your questions or concerns with PMAA's office staff, or schedule an appointment to speak with Master Sadler or any other Instructor.
- ☉ All PMAA Junior Black Belts and Black Belt Students should arrange to attend the weekly scheduled **Black Belt Only Class** on Wednesday nights for personalized instruction & progression. Weapons & advanced self-defense training will be covered in these classes as well as Black Belt curriculum to prepare students for Black Belt Promotion Tests.

PMAA CLOSURES

- ☉ **PMAA WILL BE CLOSED DURING ALL HOLIDAYS.** As such, Saturday and Monday classes will be cancelled during these times!
- ☉ Saturday classes will be cancelled for monthly scheduled promotion tests, Black Belt promotion tests and for periodic social events (Halloween / Christmas Potluck Parties). Students and Parents are responsible to ensure they keep up-to-date on PMAA scheduled events.

PMAA PROMOTION TESTS

- ☉ Promotion Tests are held at the end of each month, either on Friday nights or Saturday Mornings (based on Master Sadler's Annual Planning Calendar - Coaching / Workshops / Seminars / Travel / Events). **ALL SCHEDULED CLASSES WILL BE CANCELLED.** Eligible students will be personally invited by Master Sadler or Instructors to attend the promotion for upgrading. Students are not allowed to ask when they can test! A positive attitude, effort, consistency, respect, technical proficiency at each belt level and being confident are all key components of being invited to test. Being promoted is a privilege, which is earned by hard work and self-discipline, at home, school, and through one's actions and conduct.

BELT RANK FOR CLASS DESIGNATION

B - Beginners (White Belt to Green Stripe)

I - Intermediate (Green Belt to Blue Belt)

A - Advanced (Red Stripe to Junior Black Belt)

O - Open Class (All Belt Levels)

SPARRING OPEN - Must be Green Belt or higher (Child or Adult) and bring ALL Safety Equipment to every class. Have FUN developing your skills, confidence and fitness. Competition / Game/ Athlete Development.

POOMSAE OPEN - Must be Green Belt or higher (Child or Adult). Have FUN reviewing previous patterns, learn new ones and training tricks from Master Sadler (4-time Team Canada Member / International Poomsae Referee) to drastically improve your overall fundamentals and prepare for next Promotion Test or Competition. Competition / Game/ Athlete Development.