









# PRECISION MARTIAL ARTS ACADEMY

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**Fitness** ● **Lifestyle** ● **Self-defense** ● **Sport**



## CLASS SCHEDULE - Effective September 4<sup>th</sup>, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 - 5:40 p.m. CHILDREN (1) White to Blue Stripe <hr/> 5:00 - 6:00 p.m.  Branch Club	4:45 - 5:25 p.m. Lil' Panthers (Active Start: Ages 4-6)	4:45 - 5:40 p.m. CHILDREN (1) White to Blue Stripe <hr/> 5:00 - 6:00 p.m.  Branch Club	4:45 - 5:25 p.m. Lil' Panthers (Active Start: Ages 4-6)	5:00 - 5:55 p.m. CHILDREN Green Belt to Red Stripe	9:30 - 10:15 a.m.  <small>ROCKOUT. WORKOUT.</small>	9:30 - 10:30 a.m.  <small>ROYAL GLENORA CLUB</small> <small>EST. 1961</small> Branch Club
5:45 - 6:40 p.m. CHILDREN Blue to JBB	5:30 - 6:25 p.m. CHILDREN (2) White to Blue Stripe	5:45 - 6:40 p.m. CHILDREN Blue to JBB	5:30 - 6:25 p.m. CHILDREN (2) White to Blue Stripe	6:00 - 6:55 p.m. CHILDREN Red Belt to JBB	10:30 - 11:25 a.m. CHILDREN OPEN	
7:00 - 8:00 p.m. 	6:45 - 7:40 p.m. Sparring Open (Weeks 1 / 3 / 5) Poomsae Open (Weeks 2 / 4)	7:00 - 8:00 p.m. 	6:30 - 7:25 p.m. CHILDREN Blue to JBB	7:00 - 8:00 p.m. JR / AD / BB OPEN	11:30 - 12:30 p.m. JR / AD / BB OPEN	
8:00 - 9:00 p.m. JR / AD / BB OPEN	7:45 - 8:45 p.m. JR / AD / BB OPEN	8:00 - 9:00 p.m. <b>BLACK BELT</b> (All Poom / Dan)	7:30 - 8:30 p.m. JR / AD / BB OPEN	PMAA will be closed for scheduled promotion tests, periodic special events and all Statutory Holidays.		

**Please flip over and read reverse side for class schedule notes and clarifications!**

## CLASS DESIGNATION

**LIL' PANTHERS** - Active Start - Ages 4 to 6 years

**CHILDREN** - Ages 7 to 13

**JR** - Junior (Ages 13 to 15 - Master Sadler's Discretion)

**AD** - Adult (Ages 16+)

**JBB** - Junior Black Belts (1<sup>st</sup> to 3<sup>rd</sup> Poom)

**BB** - Black Belts (1<sup>st</sup> to 6<sup>th</sup> 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. October / January / June are dates this may occur.
- 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.
- Beginner Students are allowed to attend no more than **3** classes per week.
- 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. **All Students must have his/her own Safety Equipment within 3 months of Membership at PMAA for participation.**

## **PMAA CLOSURES**

- **PMAA WILL BE CLOSED DURING ALL HOLIDAYS.** As such, Saturday and Monday classes will be cancelled during these times!
- Promotion Tests will be held the last Friday of each month. As such, PMAA will be closed on these nights!
- Saturday classes will be cancelled for periodic promotion tests, Black Belt promotion tests, professional development/Taekwondo workshops, seminars 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, based on Master Sadler's Annual Planning Calendar - Coaching / Workshops / Seminars / Travel / Events. Eligible students will be personally invited by Master Sadler or Instructors to attend the scheduled promotion test. 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 Red Stripe)

**A** - Advanced (Red Belt to Junior Black Belt)

**O** - Open Class (All Belt Levels)

**SPARRING OPEN** - Look at a monthly calendar and mark off the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday. Must be Green Belt or higher (Child or Adult). Bring ALL Safety Equipment to every class. Have fun developing your sparring skills, have more challenging matches and improve your confidence and overall fitness. Prepare to compete in monthly / annual Tournaments for recreation and FUN, or work on developing as a High Performance Athlete and future National Champion or Olympic Athlete.

**POOMSAE OPEN** - Look at a monthly calendar and mark off the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday. Must be Green Belt or higher (Child or Adult). Have FUN reviewing previous patterns, get caught up, learn new ones and training tricks from Master Sadler (5-time Team Canada Member / International Poomsae Referee) to drastically improve your overall fundamentals and prepare for next Promotion Test, Black Belt Promotion or Competition.