

SPARRING 🇰🇷 TOURNAMENT 🇰🇷 TEST CALENDAR

MARCH 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1	2 S	3
5	6	7 S	8	9	10
12 S	13	14	15 S	16	17
19	20 S	21	22	23	24 X-PT
26	27	28 S	29	30 X	31 X

APRIL 2018

Mon	Tue	Wed	Thu	Fri	Sat
2 X	3	4	5 S	6 S	7 S
9 S	10 S	11	12	13	14
16	17	18 S	19 S	20	21 X-PT
23 S	24 S	25	26	27	28 ABT
30					

MAY 2018

Mon	Tue	Wed	Thu	Fri	Sat
	1	2 S	3 S	4	5 S
7	8 S	9	10	11 S	12
14 S	15	16	17 S	18	19 X
21 X	22	23 S	24	25	26 X-PT
28	29 S	30	31		

S = SPARRING NIGHTS

X = CLOSED / NO CLASSES

**PT = PROMOTION TESTS
(No Classes on PT days)**

ET = EDMONTON TOURNAMENT

ABT = ALBERTA TOURNAMENT

PLEASE NOTE... PARENTS & STUDENTS!

- 🇰🇷 Class schedule may change without notice to accommodate student' needs as deemed necessary by Instructors! Please visit www.pmaa.ca for all official events, class cancellations and schedules!
- 🇰🇷 Do not be late for class! Parents / Students must phone PMAA at 780-544-9931 if going to be late (within reason).
- 🇰🇷 ALL STUDENTS are required to bring safety equipment (sparring gear) on ALL "S" Nights for class participation. Students will not be permitted to participate if safety equipment is not readily accessible! This will be strictly enforced!

Safety Equipment Checklist: See reverse side for pricing.

Head Gear Chest Protector Fist & Forearm Guards Shin & Instep Guards Groin Guard

*Mouth Guard (**Must be fitted/molded properly... see insert in case for molding directions. Best is a dentist mold especially if students have braces or special mouth/teeth concerns).*)

PRO SHOP PRICE LIST

PLEASE NOTE: Upon attaining a Yellow Stripe Belt in Taekwondo at PMAA, ALL students must purchase his/her own safety equipment. *Personal Safety Equipment @ PMAA is mandatory for ALL Students for self-defense, contact sparring, safety and personal hygiene! See office staff for further details.*

PMAA GIFT CARDS are available for purchase

(Must be a minimum \$10 purchase)

PERSONAL SAFETY / SPARRING EQUIPMENT

	<u>STOCK ITEM</u>	<u>PRICE</u>	<u>w/GST</u>
1.	Chest Protector (reversible)	\$70.00	\$73.50
2.	WTF Head Gear	\$56.00	\$58.80
3.	Shin & Instep Guard (cloth)	\$28.00	\$29.40
4.	Fist & Forearm Guard (cloth)	\$28.00	\$29.40
5.	Groin Protector (male & female)	\$26.00	\$27.30
6.	Mouth Guard w/case	\$5.00	\$5.25

TOTAL PACKAGE: \$213.⁰⁰ \$223.⁶⁵

WITH PMAA GYM BAG (\$40 + GST) = \$42.⁰⁰ \$265.⁶⁵

HIGH PERFORMANCE / COMPETITION / BB & JBB UPGRADE – ADIDAS (WTF APPROVED)

	<u>STOCK ITEM</u>	<u>PRICE</u>	<u>w/GST</u>
1.	Adidas Chest Protector (reversible)	\$90.00	\$94.50
2.	Adidas Head Gear	\$65.00	\$68.25
3.	Adidas Shin Guards	\$44.00	\$46.20
4.	Adidas Forearm Guards	\$44.00	\$46.20
5.	Adidas Groin Protector	\$42.00	\$44.10
6.	Adidas TKD Fighter Gloves	\$48.00	\$50.40