




# PRECISION MARTIAL ARTS ACADEMY

Unit 105, 15 Circle Drive, St. Albert, Alberta, Canada, T8N-3Y7  
 P. (780) 544-9931 F. (780) 544-9930 W. www.pmaa.ca E. info@pmaa.ca

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



## CLASS SCHEDULE - Effective January 2<sup>nd</sup>, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 - 5:40 p.m. <b>CHILDREN (1)</b> White to Blue Stripe <hr/> L1 - 5:15 - 6:10 p.m. L2 - 6:15 - 7:10 p.m.  CD YMCA Branch Club	4:45 - 5:25 p.m. <b>LIL' PANTHERS</b> (Active Start: Ages 4-6)	4:45 - 5:40 p.m. <b>CHILDREN (1)</b> White to Blue Stripe <hr/> L1 - 5:15 - 6:10 p.m. L2 - 6:15 - 7:10 p.m.  CD YMCA Branch Club	4:45 - 5:25 p.m. <b>LIL' PANTHERS</b> (Active Start: Ages 4-6)	5:00 - 5:55 p.m. <b>CHILDREN (1) / (2)</b> White to Green Belt	9:30 - 10:15 a.m. 	L1 - 9:30 - 10:25 a.m. L2 - 10:30 - 11:25 a.m.  RGC Branch Club
5:45 - 6:40 p.m. <b>CHILDREN</b> Blue to JBB	5:30 - 6:25 p.m. <b>CHILDREN (2)</b> White to Blue Stripe	5:45 - 6:40 p.m. <b>CHILDREN</b> Blue to JBB	5:30 - 6:25 p.m. <b>CHILDREN (2)</b> White to Blue Stripe	6:00 - 6:55 p.m. <b>CHILDREN</b> Blue Stripe to JBB	10:30 - 11:25 a.m. <b>CHILDREN</b> OPEN	
7:00 - 8:00 p.m. 	6:40 - 7:40 p.m. <b>POOMSAE OPEN</b> (Must be Green Belt +)	7:00 - 8:00 p.m. 	6:00 - 7:00 p.m.  RGC Branch Club	7:00 - 8:00 p.m. <b>JR / AD / BB</b> OPEN	11:30 - 12:30 p.m. <b>JR / AD / JBB / BB</b> OPEN	
8:00 - 9:00 p.m. <b>JR / AD / BB</b> OPEN	7:45 - 8:45 p.m. <b>JR / AD / BB</b> OPEN	8:00 - 9:00 p.m. <b>BLACK BELT</b> (All Poom / Dan)	6:40 - 7:40 p.m. <b>JR / AD / BB</b> 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!



## BELT RANK FOR CLASS DESIGNATION

**B** - Beginners (White Belt to Green Belt)

**I** - Intermediate (Blue Stripe to Red Stripe)

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

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

**POOMSAE OPEN:** 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 (Multi-National Champion, 5-time Team Canada Member / International Poomsae Referee) to drastically improve your overall fundamentals and prepare for your next Promotion Test, Black Belt Promotion or Competition.

## **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.