

# CLASS FORMAT ● SPARRING ● EVENTS CALENDAR

## APRIL 2019

Mon	Tue	Wed	Thu	Fri	Sat
1 A/B	2 A/B	3 A/C	4 A/C	5 S	6 D
8 A/C	9 A/C	10 A/B	11 S	12 B/C	13 X-PT
15 B/C	16 B/C	17 S	18 A/B	19 X	20 X
22 X	23 S	24 D	25 D	26 D	27 X-PT
29 S	30 A/B				

## MAY 2019

Mon	Tue	Wed	Thu	Fri	Sat
		1 B	2 S	3 D	4 D
6 A	7 B/C	8 S	9 D	10 A	11 D
13 B	14 S	15 D	16 A	17 B/C	18 X
20 X	21 D	22 A	23 B/C	24 C	25 X-PT
27 S	28 A	29 B	30 B/C	31 D	

## JUNE 2019

Mon	Tue	Wed	Thu	Fri	Sat
					1 D
3 A/B	4 B/C	5 A/C	6 S	7 D	8 D
10 A/C	11 S	12 S	13 A/B	14 D	15 D
17 S	18 A/B	19 D	20 D	21 D	22 X-PT
24 A	25 B/C	26 B/C	27 S	28 D	29 X

**A** = Fundamentals / Poomsae   **B** = Kicking / Kick-boxing / Breaking   **C** = Mat Work / Self-defense   **D** = Instructor's Choice / Test Prep

**S** = SPARRING NIGHT (MUST have gear to participate)   **X** = CLOSED   **X-PT** = CLOSED / PROMOTION TEST   **I** = TOURNAMENT

## PLEASE NOTE... PARENTS & STUDENTS!

- Class schedule may change without notice to best accommodate student' needs as deemed necessary by Instructors!
- Please visit [www.pmaa.ca](http://www.pmaa.ca) for all official class schedules/cancellations, news and events.
- 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! Choose a different night of the week to attend class.
- Children Beginner Students may attend a bonus class on Friday and/or Saturday scheduled classes

## Safety Equipment (Sparring Gear) Checklist

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. Students with braces or teeth concerns should discuss best options with your Dentist).