



PRECISION MARTIAL ARTS ACADEMY

ROYAL GLENORA CLUB

11160 River Valley Road Northwest
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2022 SPARRING CALENDAR

APRIL 2022

SUNDAY	THURSDAY
3 X-NC	7 S
10 S	14
17-X-NC EASTER No Classes	21 S
24	28

MAY 2022

SUNDAY	THURSDAY
1 S	5
8	12
15 S	19 S
22 ✓Classes as scheduled	26
29	

JUNE 2022

SUNDAY	THURSDAY
5 S	2
12	9 S
19	16
Summer Break	23

S = SPARRING CLASS

All Students with Safety Equipment/Sparring Gear (Taekwondo PPE) are to attend these classes to further progress in their Taekwondo development and higher belt levels.

New Students (students without Taekwondo PPE) will train in this FUN and dynamic class structure, focusing on their level of curriculum. I recommend Adults purchase at least the Chest Protector and foot protection (and groin cup) to practice and enjoy the thrill and personal development of controlled light contact sparring/training.

PLEASE NOTE... PARENTS & STUDENTS!

- Class schedule may change without notice to best accommodate student' needs as deemed necessary by Master Sadler!
- Do not be late for class! Parents/Students are asked to please phone **Master Sadler (780) 983-5424** or **Coach Taylor Sadler (780) 993-3398** if going to be late (within reason).
- Students are required to bring safety equipment (sparring gear) on ALL "S" Classes for class participation. Students will not be permitted to participate if safety equipment is not readily accessible! This will be strictly enforced!

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.*)