



PRECISION MARTIAL ARTS ACADEMY

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www.precisionmartialarts.com

2009/2010 CLASS SCHEDULE

Effective September 8th, 2009



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2
Private Personal Training w/Derek Sadler	By Appt. ONLY!	9:30-10:40 am ZUMBA™	Must Pre-register!	Private Personal Training w/Derek Sadler	By Appt. ONLY!	9:30-10:40 am ZUMBA™	Must Pre-register!	Private Personal Training w/Derek Sadler	By Appt. ONLY!		
4:30-5:25 CH-I & A		4:30-5:20 PW		4:30-5:25 CH-I & A		4:30-5:20 PW		4:30-5:25 JBB & JR-O		10:30-11:25 *CH-O	*NOTE: No classes on Holidays or Promotion Test days.
5:30-6:25 JBB & JR-O		5:30-6:25 CH-B		5:30-6:25 JBB & JR-O		5:30-6:25 CH-B		5:30-6:25 CH-I & A		11:30-12:30 AD/JR/JBB	*OPEN
6:30-7:40 CORE K-Box™	6:40-7:40 AD-B/I	6:30-7:45 BB*	6:30-7:30 ZUMBA™ @ Aldergrove Community Hall	6:30-7:40 ZUMBA™	Must Pre-register!	6:30-7:40 CORE K-Box™	6:40-7:40 AD-B/I	6:30-7:30 AD-O		GOLD TEAM TRAINING Held on Promotion test days and periodically as needed!	
7:45-8:55 AD/JR-A & BB		* ALL BB & JBB may attend!		7:45-8:55 AD-O		7:45-8:55 AD/JR-A & BB		7:30-8:40 ZUMBA™	Must Pre-register!		

LEGEND

PROGRAM	BELT LEVEL	SPECIALTY CLASSES
PW - Peewee Program <i>Ages 4 to 6</i>	B - Beginners <i>White Belt to Green Stripe (Master's discretion)</i>	CORE – Sadler's Core Kick-boxing™ <i>(Specialty Class - Separate fees apply)</i>
CH - Children's Program <i>Ages 7 to 12</i>	I - Intermediate <i>Green Belt to Red Stripe (Master's discretion)</i>	PFFW - Precision Fit For Women™ <i>(Specialty Class - Separate fees apply)</i>
JR – Junior Program (Master's Discretion) <i>Ages 13 to 16</i>	A - Advanced <i>Red Belt to Black Belt (Master's discretion)</i>	ZUMBA™ - <i>(Specialty Class - Separate fees apply)</i>
AD - Adult Program (Master's Discretion)	O - Open Class (All Belts)	COMPETITION TEAM TRAINING (CTT) <i>Tournament training for students who wish to compete at seasonal TKD Tournaments.</i>
	JBB / BB - Black Belts Only <i>(Progressive Black Belt Training: Important class to attend each week for special training)</i>	GOLD TEAM™ - Instructor Training Program <i>(Guidance on Leadership Development)</i>

IMPORTANT NOTES REGARDING SCHEDULE:

- 🕒 PMAA reserves the right to cancel any class or change the schedule as deemed necessary by Master Sadler.
- 🕒 PMAA reserves the right to modify and/or revise the Program Schedule to achieve desired class and student progression results.
- 🕒 **STUDENTS ARE ENCOURAGED TO ATTEND NO MORE THAN 3 CLASSES PER WEEK!** The exception to this rule are Black Belts, and specially selected GOLD TEAM™ Members, understanding that he/she may be asked and will be expected to assist in classes.
- 🕒 Please address your questions or concerns with PMAA's Office Staff, or schedule an appointment to speak with Master Sadler or any other Instructor.
- 🕒 **BLACK BELT STUDENTS** should arrange to attend the weekly scheduled **BB / JBB** classes for personalized instruction & progression. Weapons & advanced self-defense training will be covered in these classes.

SATURDAY CLASSES, HOLIDAYS, & CLASS CANCELLATIONS:

- 🕒 Saturday and Monday classes will be cancelled during **ALL Holidays!**
- 🕒 Saturday classes will be cancelled for monthly scheduled promotion tests, Black Belt promotion tests, ALL Holidays, and periodic (annual) social events.
- 🕒 Saturday classes are designated as a **BONUS** day for training. Students may attend as scheduled, **HOWEVER... ALL MEMBERS & STUDENTS will be responsible** for knowing when classes are cancelled (posted at PMAA, in-class announcements, website, and through periodic literature)*.
- 🕒 **PROMOTION TESTS** are held once per month, on Saturdays **or** the occasional weekday evening. **ALL SCHEDULED CLASSES WILL BE CANCELLED.** Eligible students will be personally invited by Master Sadler or Instructors to attend the promotion for upgrading. Students are not allowed to ask when they can test! Attitude, effort, consistency, respect, technical proficiency at each belt level 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 at PMAA.

* **ADVANCE NOTICE IS GIVEN TO ALL STUDENTS PRIOR TO ANY CLASS CANCELLATIONS** *by means of in-class announcements, white board postings, website, and periodic literature. Please visit our website for the most current and up-to-date information!*