

# 2010 SUMMER TRAINING CALENDAR

## JUNE 2010

Mon	Tue	Wed	Thu	Fri	Sat
	1 A	2 B	3 C	4 D	5 E
7 B/C	8 B	9 C	10 D	11 E	12 A
14 B	15 C	16 D	17 E	18 A	19 B
21 C	22 B/C	23 A	24 A/B	25 C	26 X
28 D	29 D	30 B/C			

**X - CLOSED (NO CLASSES)**

Visit [www.precisionmartialarts.com](http://www.precisionmartialarts.com) for our official events schedule in detail!

## JULY 2010

Mon	Tue	Wed	Thu	Fri	Sat
			1 X	2 X	3 X
5 D	6 E	7 C	8 D	9 X	10 X
12 A/C	13 A/C	14 D	15 A/C	16 X	17 X
19 B/C	20 D	21 E	22 A/B	23 X	24 X
26 B/C	27 C	28 A/C	29 B/C	30 X	31 X

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## AUGUST 2010

Mon	Tue	Wed	Thu	Fri	Sat
2 X	3 E	4 E	5 E	6 X	7 X
9 A/C	10 A/C	11 A/C	12 A/C	13 X	14 X
16 D	17 D	18 D	19 D	20 X	21 X
23 B/C	24 B/C	25 B/C	26 B/C	27 X	28 X
30 E	31 E	S1 X	S2 X	S3 X	S4 X

**X - CLOSED (NO CLASSES)**

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- Summer Schedule begins June 28<sup>th</sup>.
- NO FRIDAY or SATURDAY CLASSES in JULY & AUGUST!
- PMAA will be CLOSED on July 1<sup>st</sup>.
- PMAA will be CLOSED August 2<sup>nd</sup>.
- PMAA will be CLOSED September 1<sup>st</sup> to 6<sup>th</sup> inclusive for renovations and complete gym/mat cleaning. Volunteers for this major project will be greatly appreciated!

### A

Basics/Etiquette/  
Theory & Poomse

### B

Kick-boxing,  
Technical &  
Conditioning

### C

Step-defense, Mats  
& Self-defense

### D

Tactics/Strategy/Sparring  
& Conditioning

### E

Review &  
Promotion Preparation

**ALL STUDENTS (including BLACK BELTS) are required to bring safety equipment each night for class participation. Students will not be permitted to participate if safety equipment is not readily accessible! This will be enforced effective January 4<sup>th</sup>, 2010.**