

# 2010 PMAA TRAINING CALENDAR

## JANUARY

Mon	Tue	Wed	Thu	Fri	Sat
				1 X	2 X
4 E	5 B/C	6 A/C	7 A/C	8 B/C	9 B/C
11 A/B	12 A/B	13 A/C	14 C/D	15 D	16 A/C
18 C	19 D	20 D	21 A/B	22 A/B	23 A/B
25/31 D	26 E	27 A/B	28 D	29 B/C	30 X

**X - CLOSED (NO CLASSES)**

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

## FEBRUARY

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

**X - CLOSED (NO CLASSES)**

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## MARCH

Mon	Tue	Wed	Thu	Fri	Sat
1 A	2 B	3 C	4 D	5 E	6 A
8 B	9 C	10 D	11 E	12 A	13 B
15 C	16 D	17 E	18 A	19 B	20 C
22 D	23 X	24 A	25 B	26 C	27 D
29 E	30 A	31 B			

**X - CLOSED (NO CLASSES)**

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## APRIL

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

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### 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.**