

CAPITOL MARTIAL ARTS ACADEMY

2018 CALENDAR

| JANUARY | | Sparring/Combos | | | | |
|---------|----|-----------------|----|----|----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| 31 | | | | | | |

| FEBRUARY | | Forms/Groundwork | | | | |
|----------|----|------------------|----|----|----|--|
| | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | |
| 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | | | | | | |

| MARCH | | Sparring/Combos | | | | |
|-------|----|-----------------|----|----|----|--|
| | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | |
| 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | |

| APRIL | | Forms/Groundwork | | | | |
|-------|----|------------------|----|----|----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |

| MAY | | Sparring/Combos | | | | |
|-----|----|-----------------|----|----|----|--|
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | 15 | 16 | |
| 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| 29 | 30 | | | | | |

| JUNE | | Forms/Groundwork | | | | |
|------|----|------------------|----|----|----|--|
| | | | 1 | 2 | | |
| 3 | 4 | 5 | 6 | 7 | 8 | |
| 9 | 10 | 11 | 12 | 13 | 14 | |
| 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 | 29 | 30 | | | |

| JULY | | Sparring/Combos | | | | |
|------|----|-----------------|----|----|----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| 31 | | | | | | |

| AUGUST | | Forms/Groundwork | | | | |
|--------|----|------------------|----|----|----|--|
| | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | |
| 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | |

| SEPTEMBER | | Sparring/Combos | | | | |
|-----------|----|-----------------|----|----|----|--|
| | | | | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | | |

| OCTOBER | | Forms/Groundwork | | | | |
|---------|----|------------------|----|----|----|--|
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | 15 | 16 | |
| 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| 29 | 30 | 31 | | | | |

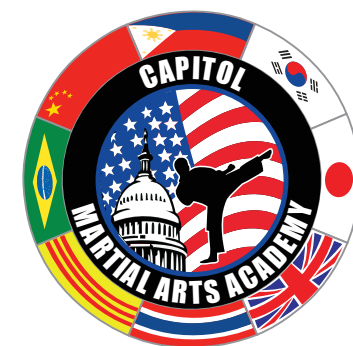
| NOVEMBER | | Sparring/Combos | | | | |
|----------|----|-----------------|----|----|----|--|
| | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | |
| 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | |

| DECEMBER | | Forms/Groundwork | | | | |
|----------|----|------------------|----|----|----|--|
| | | | | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | 31 | |

2018 CLASS SCHEDULE

School vacation dates are shaded in gray.
(School Closed)

| Belt Rank | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|----------|--------|----------|
| LITTLE NINJAS SCHEDULE (30 MINUTES) AGES 4-5 | | | | | | |
| Little Ninjas | 4:00 | --- | 6:00 | 5:15 | --- | 10:30* |
| JUNIOR CLASS SCHEDULE (45 MINUTES) AGES 6-12 | | | | | | |
| White & Gold | 4:30 | --- | 6:30 | --- | 5:15 | 11:00* |
| Green & Purple | --- | 5:15 | 4:30 | 6:00 | --- | 11:30* |
| Blue & Red | 5:15 | 4:30 | --- | --- | 6:00 | 12:30* |
| Brown & Novice Black | 6:00 | --- | --- | 6:45 | 4:30 | 12:30* |
| Black Belts | 6:45 <small>(2nd DAN ONLY)</small> | 6:00 Sparring** Forms / 6:45 Groundwork** | 5:15 <small>(2nd DAN ONLY)</small> | 4:30 | 6:45 | 12:00* |
| TEEN/ADULT CLASS SCHEDULE (45 MINUTES) AGES 12 & UP | | | | | | |
| Novice | 7:30 | 6:45 Sparring Forms / 7:30 Groundwork** | --- | 7:30 | --- | 10:00 |
| Intermediate | 7:30 | 6:45 Sparring Forms / 7:30 Groundwork** | --- | 7:30 | --- | 10:00 |
| Advanced | --- | 6:45 Sparring Forms / 7:30 Groundwork** | 7:15 | 7:30 | --- | 10:00 |
| Black Belt Teens/Adults | 6:45 <small>(2nd DAN ONLY)</small> | 6:00 Sparring Forms / 6:45 Groundwork** | 5:15 <small>(2nd DAN ONLY)</small> | 7:30 | 6:45 | 10:00 |



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*During Saturday classes, Gold Belts through Novice Black Belts will concentrate on Combinations during Forms/Groundwork month and Forms/Groundwork during Sparring/Combination months.

**During Forms/Groundwork month, on Tuesdays, the Black Belt class will split. Black belts through Gold Stripe will attend class at 6:00 and Black Belts with Green Stripe and above will attend class at 6:45. ALL CLASSES AFTER 6:00 WILL BE AFFECTED AS WELL.

Little Ninjas and students in the Trial Program: 2 classes/week.
Children under 12 may not attend adult classes without instructor's permission.

703-924-1234