

# CAPITOL MARTIAL ARTS ACADEMY

## 2019 CALENDAR

JANUARY		Sparring/Combos				
	1	2	3	4	5	
6	7	8	9	10	11	14
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	31	

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		

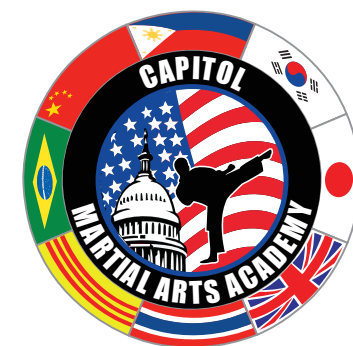
NOVEMBER		Sparring/Combos				
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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	1	2		

### 2019 CLASS SCHEDULE

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

Belt Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LITTLE NINJAS SCHEDULE (30 MINUTES) AGES 4-5</b>						
Little Ninjas	4:00	---	6:00	5:15	---	10:30*
<b>JUNIOR CLASS SCHEDULE (45 MINUTES) AGES 6-12</b>						
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>(2<sup>nd</sup> DAN ONLY)</small>	6:00 Sparring** 6:45 Groundwork**	5:15 <small>(2<sup>nd</sup> DAN ONLY)</small>	4:30	6:45	12:00*
<b>TEEN/ADULT CLASS SCHEDULE (45 MINUTES) AGES 12 &amp; UP</b>						
Novice	7:30	6:45 Sparring 7:30 Groundwork**	---	7:30	---	10:00
Intermediate	7:30	6:45 Sparring 7:30 Groundwork**	---	7:30	---	10:00
Advanced	---	6:45 Sparring 7:30 Groundwork**	7:15	7:30 Sparring 8:00 Groundwork**	---	10:00
Black Belt Teens/Adults	6:45 <small>(2<sup>nd</sup> DAN ONLY)</small>	6:00 Sparring 6:45 Groundwork**	5:15 <small>(2<sup>nd</sup> DAN ONLY)</small>	7:30 Sparring 8:00 Groundwork**	6:45	10:00



[www.capitolma.com](http://www.capitolma.com)

\*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**