



**January** – Traditional Kenpo

- Week 1- Kata's and Self defense
- Week 2- Kata's and Knife defense
- Week 3- Kata's and Gun defense
- Week 4- Kata's and Arnis defense

**February** – Black Belt Champion Sparring

- Week 1- Iron Man Sparring
- Week 2- Boxing Circuit Training
- Week 3- Multiple Attackers
- Week 4- Combination Sparring

**March** – XMA - Extreme Martial Arts

- Week 1- Extreme Jump Kicks and hand combinations
- Week 2- Wushu
- Week 3- Wushu
- Week 4- Extreme Forms and Wushu

**April** – Weapons

- Week 1- Bo Staff
- Week 2- Kama's
- Week 3- Nunchaku's
- Week 4- Arnis

**May**- Extreme Sword

- Week 1- Basics and Training
- Week 2- Kata and Training
- Week 3- Self defense and Kata
- Week 4- Training and Review

**June**- Mixed Martial Arts

- Week 1- Wrist lock, Joint locks, and take downs
- Week 2- Ground defense
- Week 3- Multiple Attackers
- Week 4- Muy Tai Training

**July** – Traditional Kenpo

- Week 1- Kata's and Self defense
- Week 2- Kata's and Knife defense
- Week 3- Kata's and Gun defense
- Week 4- Kata's and Arnis defense

**August** – Black Belt Champion Sparring

- Week 1- Iron Man Sparring
- Week 2- Boxing Circuit Training
- Week 3- Multiple Attackers
- Week 4- Combination Sparring

**September** – XMA – Extreme Martial Arts

- Week 1- Extreme Jump Kicks and hand combinations
- Week 2- Wushu
- Week 3- Wushu
- Week 4- Extreme Forms and Wushu

**October** – Weapons

- Week 1- Bo Staff
- Week 2- Kama's
- Week 3- Nunchachu's
- Week 4- Arnis

**November** – Extreme Sword

- Week 1- Basics and Training
- Week 2- Kata and Training
- Week 3- Self defense and Kata
- Week 4- Training and Review

**December** – Mixed Martial Arts

- Week 1- Wrist lock, Joint locks, and take downs
- Week 2- Ground defense
- Week 3- Multiple Attackers
- Week 4- Muy Tai Training

**A Black Belt Is More Than Something You Wear!  
 It's More Than Something You Earn.  
 It Is Something You Become!**