

Summit Martial Arts Class Schedule January to June 2018

Uniforms: A meticulous uniform is a symbol of your pride and dedication to the art. A sloppy, wrinkled, dirty uniform shows disrespect to your school and instructor. It shows a lack of pride in your appearance and yourself. Please ensure you come to class dressed appropriately. If you must wear an undershirt, it has to be white. Students will be asked to remove coloured undershirts.

Signing In for Class: It is the students/parents responsibility to ensure they are signed in to every class. Attendance is a determining factor for Belt Gradings. If you are not signing in to class, you will not be eligible to test for your belt.

Sparring Gear: Students MUST come to class prepared. Sparring gear is used periodically for different drills in all our classes – please bring gear to ALL classes. Complete sparring gear is required for all Sparring and Self Defence Classes. This includes a helmet, gloves, shin guards, boots, mouth guard and groin protection. No gear = no participation = NO EXCEPTIONS. These rules are in place for the safety of all our students and instructors.

Stripes (for kids classes): Stripes will be given out in class only. The 4 stripes are for hand techniques, forms, kicks and self defence. A student must have all their stripes to be eligible to test for their belt. Please read the stripe and belt testing guidelines for full details.

Belt Tests: Belt tests are by invitation ONLY. If our instructors feel a student is ready to test for their next belt, they will be sent an email invitation to grade for their belt. Criteria for belt grading include physical requirements AND displaying the 5 tenants of Tae Kwon Do (Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit) to everyone. Students should come to their grading 15 minutes early to warm up. Students must bring ALL their sparring gear on the day of the test as sparring is a component of all belt tests from Little Dragons through to adults. Lateness will not be tolerated. PLEASE SEE MORE SPECIFIC DETAILS FOR BELT GRADINGS ON THE WALL BESIDE THE ENTRY DOOR TO THE TRAINING AREA.

Tournaments: If a student wishes to compete in tournaments, please speak with Master Morris to express your interest. Students competing must attend 4 tournament training sessions prior to the tournament date. If you are training 2 days/week, students will need to increase training to 3 days for the month prior to the competition. You must be a SMA student for a minimum of 3 months to compete.

Injuries/Illness/Vacations: If you are injured, please let your instructor know immediately. In the case of illness or vacation, please email or let us know that you are ill or away for an extended period of time.

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEARS DAY NO CLASSES	2 KICKS 2018 CLASSES RESUME	3 SELF DEFENCE	4 FORMS	5 TOURNAMENT TRAINING 6:30PM – 7:30PM	6
7	8 SPARRING	9 HAND TECHNIQUES	10 KICKS	11 SELF DEFENCE	12 TOURNAMENT TRAINING 6:30PM – 7:30PM	13
14	15 FORMS	16 SPARRING	17 HAND TECHNIQUES	18 KICKS	19 TOURNAMENT TRAINING 6:30PM – 7:30PM	20 <u>TENTATIVE</u> BELT GRADING ALL BELT LEVELS
21	22 SELF DEFENCE	23 FORMS	24 SPARRING	25 HAND TECHNIQUES	26 TOURNAMENT TRAINING 6:30PM – 7:30PM	27
28	29 KICKS	30 SELF DEFENCE	31 FORMS	Please bring sparring gear to ALL classes. This includes a helmet, gloves, shin guards, boots, mouth guard and groin protection. No gear = no participation = NO EXCEPTIONS.		

Martial Arts

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SPARRING	2	3 PMA TOURNAMENT Marlborough Community Centre Calgary, AB
4	5 SCHOOL CLOSED	6 SCHOOL CLOSED	7 SCHOOL CLOSED	8 SCHOOL CLOSED	9	10
11	12 HAND TECHNIQUES	13 KICKS	14 SELF DEFENCE	15 FORMS	16	17 TENTATIVE BELT GRADING Monkeys, Dragons, Orange/Yellow
18	19 FAMILY DAY SCHOOL CLOSED	20 SPARRING	21 HAND TECHNIQUES	22 KICKS	23	24
25	26 SELF DEFENCE	27 FORMS	28 SPARRING			

Martial Arts

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAND TECHNIQUES	2	3
4	5 KICKS	6 SELF DEFENCE	7 FORMS	8 SPARRING	9	10
11	12 HAND TECHNIQUES	13 KICKS	14 SELF DEFENCE	15 FORMS	16 TOURNAMENT TRAINING 6:30PM – 7:30PM	17 TENTATIVE BELT GRADING ALL BELT LEVELS
18	19 SPARRING	20 HAND TECHNIQUES	21 KICKS	22 SELF DEFENCE	23 TOURNAMENT TRAINING 6:30PM – 7:30PM	24
25	26 FORMS	27 SPARRING	28 HAND TECHNIQUES	29 KICKS	30 GOOD FRIDAY	31

Martial Arts

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 EASTER MONDAY NO CLASSES	3 SELF DEFENCE	4 FORMS	5 SPARRING	6 NO TOURNAMENT TRAINING	7 PMA CALGARY CITY CHAMPIONSHIPS Marlborough Community Centre
8	9 HAND TECHNIQUES	10 KICKS	11 SELF DEFENCE	12 FORMS	13 TOURNAMENT TRAINING 6:30PM – 7:30PM	14
15	16 SPARRING	17 HAND TECHNIQUES	18 KICKS	19 SELF DEFENCE	20 NO TOURNAMENT TRAINING	21 CAPICIO MARTIAL ARTS TOURNAMENT Bears paw Christian School
22	23 FORMS	24 SPARRING	25 HAND TECHNIQUES	26 KICKS	27 TOURNAMENT TRAINING 6:30PM – 7:30PM	28 TENTATIVE BELT GRADING All Belt Levels
29	30 SELF DEFENCE					

More Calendars: [May 2018](#), [Jun 2018](#), [2018](#)

Martial Arts

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 FORMS	2 SPARRING	3 HAND TECHNIQUES	4 TOURNAMENT TRAINING 6:30PM – 7:30PM	5
6	7 KICKS	8 SELF DEFENCE	9 FORMS	10 SPARRING	11 TOURNAMENT TRAINING 6:30PM – 7:30PM	12
13	14 HAND TECHNIQUES	15 KICKS	16 SELF DEFENCE	17 FORMS	18 TOURNAMENT TRAINING 6:30PM – 7:30PM	19
20	21 VICTORIA DAY NO CLASSES	22 SPARRING	23 HAND TECHNIQUES	24 KICKS	25	26 LYLE CHENEY TOURNAMENT IN RED DEER, AB
27	28 SELF DEFENCE	29 FORMS	30 SPARRING	31 HAND TECHNIQUES		

Martial Arts

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CONFIRMED: 2018 BLACK BELT TEST
3	4 KICKS	5 SELF DEFENCE	6 FORMS	7 SPARRING	8 TOURNAMENT TRAINING 6:30PM – 7:30PM	9
10	11 HAND TECHNIQUES	12 KICKS	13 SELF DEFENCE	14 FORMS	15 TOURNAMENT TRAINING 6:30PM – 7:30PM	16 TOURNAMENT TBA
17	18 SPARRING	19 HAND TECHNIQUES	20 KICKS	21 SELF DEFENCE	22	23 TENTATIVE BELT GRADING ALL LEVELS
24	25 LAST WEEK BEFORE SUMMER WILD CARD CLASS	26 WILD CARD CLASS	27 WILD CARD CLASS	28 NO CLASSES	29	30

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