



MARTIAL ATHLETES

600 S. Bell Blvd #7, Cedar Park, TX 78613

512-709-0966

www.martialathletes.com

December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEKLY THEME	THE WEEKLY THEME WILL BE THE DISCIPLINE FOCUS AND GOAL FOR THAT WEEK							1
MA SENSOR SPORTS	2	3	4	5	6	7	8	
	LEARN CANNON 88 & SENSOR SPARRING				MA Showcase mandatory practice 5PM - 6:30PM	MA Showcase 10:30AM - 2:00 PM		
MA REACH	9	10	11	12	13	14	15	
	CLASS LEADERSHIP		HUMANITARIAN PROJECT		LAST DAY to put in Holiday Gifts orders	REACH Project @ Senior Home Community 9 AM - 10:30 AM		
MA XIAOLIN GRUV	16	17	18	19	20	21	22	
	TRICKING		STAGING/CHOREOGRAPHY					
	DOCUMENT A QUALITY & SPORTS MARTIAL ARTS							
MA KINETIC 7	23	24	25	26	27	28	29	
	WINTER BREAK - DOJO CLOSED							
	RECITE KEYSTONE		BELT TESTING TESTING SHEETS					
	30	31	1/1	HOW TO DOCUMENT A QUALITY <ol style="list-style-type: none"> 1. Select a quality 2. Student will document the quality and its application in real life 3. Class discussion 				
	WINTER BREAK - DOJO CLOSED							

MA

Cannon 88 curriculum, Counting Kicks, Martial Ballet Forms and Drills

SENSORSPORTS(SS)

Real time objective point-fighting scoring through proximity sensors attached to the player body vest and helmet harness.

Learn the Cannon Fighting curriculum.

REACH

Leadership and humanitarian activities that enforce the 7 qualities of a champion. Students will take part in extracurricular activities outside of the school to support our community as well as assisting internal teaching at Martial Athletes.

XIAOLIN GRUV

Students will learn staging and sport karate choreography to enhance their athletic performance abilities

KINETIC 7

Learn the 7 Qualities of a Champion and prepare for belt testing.

Extracurricular K7 EDU



Weekly Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Adult Fitness 6:00 AM (45 mins)	Adult Fitness 6:00 AM (45 mins)	Adult Fitness 6:00 AM (45 mins)		Adult Fitness 6:00 AM (45 mins)
7:00 AM	Adult Fitness 6:45 AM (45 mins)	Adult Fitness 6:45 AM (45 mins)	Adult Fitness 6:45 AM (45 mins)		Adult Fitness 6:45 AM (45 mins)

[BREAK - DOJO CLOSED]

11:00 AM	Homeschool Family MA 11:30 AM (45 mins)		Homeschool Family MA 11:30 AM (45 mins)		
12:00 PM					

[BREAK - DOJO CLOSED]

3:00 PM					
3:30 PM	Rookies Lvl 1 (30 mins)	Rookies Lvl 1 (30 mins)	Rookies Lvl 1 (30 mins)	Rookies Lvl 1 (30 mins)	
4:00 PM	Rookies Lvl 2 (30 mins)	Rookies Lvl 2 (30 mins)	Rookies Lvl 2 (30 mins)	Rookies Lvl 2 (30 mins)	
4:30 PM	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	KID TRX (45 mins)
5:00 PM					Competition 5:15PM (75 mins)
5:30 PM	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	Developmental Athletes (60 mins)	
6:00 PM					Fight Night (60 mins)
6:30 PM	Adult Fitness (30 mins)	Adult Fitness (30 mins)	Adult Fitness (30 mins)	Adult Fitness (30 mins)	
7:00 PM		TRX 7:15 PM (45 mins)		TRX 7:15 PM (45 mins)	
7:30 PM	Wrestling		Wrestling		
8:00 PM					

Rookies Lvl 1 Selective Program
 Ages 3 - 4
 Class Duration: 30 mins

Rookies Lvl 2
 Ages 4 - 6
 Class Duration: 30 mins

Developmental Athletes
 Ages 7 - 12
 Class Duration: 60 mins

Developmental Athletes
 Ages 13+
 Class Duration: 60 mins

TRX / KIDTRX
 Martial Arts
 Acrobatics

Adult Fitness
 Nontraditional martial arts,
 full mind & body fitness class