

Mon 01/01/18				Level 1	Level 2	Level 3				
Wk	Mon	Sat	M	Event						
1	Jan 01	Jan 06		Closed 1st	Form	Chun-Ji	Yul-Guk	Chung-Mu		
2	Jan 08	Jan 13		Black Belt Test 12/13	1 Review	Karate Combo 1-4	Tae Kwon Do 1-4	Bo Staff #1		
3	Jan 15	Jan 20	3	Fitness Week	Leadership	Bo Staff	Bo Staff	Bo Staff		
4	Jan 22	Jan 27		Progress Check	Form	Chun-Ji	Yul-Guk	Chung-Mu		
5	Jan 29	Feb 03		Instructor Leadership	2 Combos	Karate Combo 5-8	Tae Kwon Do 5-8	Bo Staff #1		
6	Feb 05	Feb 10	4	Spirit Week	Leadership	Knife defense	Knife defense	Knife defense		
7	Feb 12	Feb 17		Spirit Week Con't	Weapon	Tan-Gun	Chung-Gun	Gye-Baek		
8	Feb 19	Feb 24		Progress Check	3 Review	Review	Review	Kickingboxing		
9	Feb 26	Mar 03			Leadership	Backward break fall	Forward break fall(roll)	Basic throws		
10	Mar 05	Mar 10			Form	Tan-Gun	Chung-Gun	Gye-Baek		
11	Mar 12	Mar 17	5		4 Weapons	Kama #1	Kama #2	Kama #3		
12	Mar 19	Mar 24		Exam Day 19th	Leadership	Kamas	Kamas	Kamas		
13	Mar 26	Mar 31		SWAT Training 31st	Form	To-San	Toi-Gye	Am Kickboxing 1-7		
14	Apr 02	Apr 07		Tournament TBA	5 Kicks	Am. Karate Set 1-4	Am Tae Kwon Do 1-4	(Off/Def & Retreating)		
15	Apr 09	Apr 14	6	Black Belt Test 13/14	Leadership	Sticks	Sticks	Sticks		
16	Apr 16	Apr 21		Fitness Week	Form	To-San	Toi-Gye	Am Kickboxing 8-13		
17	Apr 23	Apr 28		Progress Check	6 Combo	Am. Karate Set 5-8	Am Tae Kwon Do 5-8	Review All Combos		
18	Apr 30	May 05		Leadership Training	Leadership	Boken Beg.	Boken Int.	Boken Adv.		
19	May 07	May 12		Instrutor Training	Form	Won-Hyo	Hwa-Rang	Exodus		
20	May 14	May 19	7	Progress Check	7 Weapon/Rev	9 Ct Kicks (Single)	9 Ct Kicks (Double)	9 Ct Kicks (Triple)		
21	May 21	May 26			Leadership	Nunchaku #1	Sparring w/ Nunchaku	Sparring w/ Nunchaku		
22	May 28	Jun 02		Dad's Training Free	Form	Won-Hyo	Hwa-Rang	Exodus		
23	Jun 04	Jun 09	8		8 Weapon	Sticks/Single,6ct,9ct	Sticks/9ct&12ct	Sticks-All Counts		
24	Jun 11	Jun 16		Exam Day 11th	Leadership	Acrobatics	Acrobatics + Tricking Int	Acrobatics + Tricking Adv		
25	Jun 18	Jun 23		Staff Meeting 22nd	White Belt Basics 1. Defensive front punch, offensive front punch 2. Defensive reverse punch, offensive reverse punch 3. Defensive back fist , offensive back fist 4. Defensive front kick, offensive front punch, offensive front kick 5. Defensive side kick, offensive back fist, offensive side kick 6. Defensive back leg front kick, defensive reverse punch, offensive back leg front kick 7. 7 Magic Words 8. 4 Laws of Concentration					
26	Jun 25	Jun 30		2nd-7th Closed				White		
27	Jul 02	Jul 07		Black Belt Test 13/14				Gold/Enroll		
28	Jul 09	Jul 14		Fitness Week				Level 1	Orange	"Maximum Achievement" Brian Tracy
29	Jul 16	Jul 21	1	Leadership Training				Green	The Psychology of Winning By Dr. Denis Waitly	
30	Jul 23	Jul 28						Purple	LEADERSHIP	
31	Jul 30	Aug 04		Progress Check				Blue	The 17 Indisputable Laws of Team Work (Workbook) By John Maxwell	
32	Aug 06	Aug 11	2	Staff Meeting 17th				Level 2	High Blue	Against All Odds By Chuck Norris
33	Aug 13	Aug 18		GML's BD 30th	Low Red	What you say when you talk to your self Shed Hemstetter, Phd				
34	Aug 20	Aug 25		Closed 4th	Red	LEADERSHIP				
35	Aug 27	Sep 01		SWAT Training 15th	High Red	The 21 Irrefutable Laws of Leadrship (Workbook) By John C. Maxwell				
36	Sep 03	Sep 08		Staff Meeting	Low Brown	The West Point Way of Leadership by Col. Larry R. Donnthorne				
37	Sep 10	Sep 15	3	Leadership Training	Brown	The 7 Habits of Highly Effective People By Stephen R. Covey (+18)				
38	Sep 17	Sep 22		Decorate-Halloween	Brown Green	The 7 Habits of Highly Effective Teens By Stephen R. Covey (Under 18)				
39	Sep 24	Sep 29		BB Test 12th & 13th	Brown Red	LEADERSHIP				
40	Oct 01	Oct 06		Fit. Week 15th - 17th	High Brown	Born to Win Workbook and Seminar By Zig Ziglar				
41	Oct 08	Oct 13	4	Closed 31st	Student Creed: 1. I will endeavor to perservere in the 5280 Karate Academy way, with a positive mental attitude and with unquestionable honesty. 2. I will only fight to protect my life and the lives of those around me. 3. I achieve personal greatness through hard work, developing knowledge, being honest, showing self-control and respect.					
42	Oct 15	Oct 20		Extraganza 2nd						
43	Oct 22	Oct 27		Progress Check	Black Belt Creed: As a dedicated student of the martial arts, I live my life by the principles of Black Belt: Modesty, Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit					
44	Oct 29	Nov 03		4th Leadership						
45	Nov 05	Nov 10	5	Closed 21st -24th						
46	Nov 12	Nov 17		Exam Day 26th						
47	Nov 19	Nov 24		SWAT Training 8th						
48	Nov 26	Dec 01		Closed 1st						
49	Dec 03	Dec 08	6	Progress Check						
50	Dec 10	Dec 15		Closed 24th-1st 2019						
51	Dec 17	Dec 22								
52	Dec 24	Dec 29								
53	Dec 31	Jan 05								



Conditional Black Belts

1st Half
 Beethoven
 Po-Eun
 Show Application for 3 Forms

2nd Half
 Bassai
 45 Second Form (Another Style)

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