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# January 2019

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|--|--|---|--|--|
| Theme for the Testing Cycle:<br>Discipline  | <b>HAPPY NEW YEAR!<br/>(NO CLASSES)</b>  | <b>HAPPY NEW YEAR!<br/>(NO CLASSES)</b>  | 2  | 3   | 4  | 5<br> |
| Taekwondo T-Shirt Days<br>(Wear your favorite Taekwondo shirt)<br> | 7  | 8<br>6:15 Leadership/Legacy<br>Adv Training: GumDo<br>7:00 SWAT: Roles at Testing  | 9<br><b>SPARRING DAY!</b>  | 10<br> | 11   | 12   |
|   | 14   | 15<br>6:15 Leadership/Legacy<br>Adv Training: Joint Locks<br>7:00 Leadership/Legacy:<br>Roles at Testing                                     | 16   | 17  | 18   | 19   |
| 20  | 21<br> | 22<br>6:15 Leadership/Legacy<br>Adv Training: Combat Staff Sparring<br>7:00 Leadership/Legacy:<br>Teaching "Discipline"                      | 23   | 24<br><b>SPARRING DAY!</b>  | 25<br> | 26   |
| 27  | 28   | 29<br>6:15 Leadership/Legacy<br>Adv Training: Advanced Board Breaking<br>7:00 Leadership/Legacy:<br>Teaching Drills – Diagnose and Prescribe | 30<br> | 31  |  |  |

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