





931 3rd Street, Suite 300
 Oakmont, PA 15139
 www.OakmontMartialArts.com
 412-826-8004

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme for the Testing Cycle: Belief					1	 2
Taekwondo T-Shirt Days (Wear your favorite Taekwondo shirt) 	4	5 6:15 Leadership/Legacy Adv Training: Double Stick 6-Count 7:00 SWAT	6 SPARRING DAY!	7 	8 7:30 – 8:45 Leadership/Legacy Adv Training: Team Combat Sparring Mini-Tournament	9
	SPARRING DAY!	11 6:15 Leadership/Legacy Adv Training: Joint Locks and Takedowns 7:00 Leadership/Legacy: Leading Yellow Belt Tigers	13 	14	15	16
Next Testing: Youth/Adult: Apr 12 Tigers: Apr 13	18 	19 6:15 Leadership/Legacy Adv Training: Team Sparring 7:00 Leadership/Legacy: Leading Camo Belt Tigers	20 Last day to register for Tournament of Champions	21	22 Tournament of Champions: Murrysville, PA (NO CLASSES)	23 Tournament of Champions: Murrysville, PA (NO CLASSES)
24 National Leadership Academy: Murrysville, PA Open to black belts age 9 and up	25	26 6:15 Leadership/Legacy Adv Training: Advanced Board Breaking 7:00 Leadership/Legacy: Leading Green Belt Tigers	27	28 SPARRING DAY!	29 	30

 facebook.com/ataOakmont

 twitter.com/ataOakmont