



# EAST SPRINGS ACADEMY

EFFECTIVE AS OF FEBRUARY 10, 2020

	<b><i>Monday</i></b>	<b><i>Tuesday</i></b>	<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday</i></b>	<b><i>Saturday</i></b>
<b>TIGER CUBS (3-6 YRS OLD)</b>	<b>4:45pm</b>		<b>4:30pm</b>	<b>5:00pm</b>		<b>9:00am</b>
<b>JR. WHITE &amp; YELLOW (6-11 YRS OLD)</b>	<b>5:15pm</b>	<b>4:45pm</b>	<b>5:00pm</b>	<b>5:30pm</b>		<b>9:30am</b>
<b>JR. GREEN - BLACK (6-11 YRS OLD)</b>	<b>6:00pm</b>	<b>5:30pm</b>	<b>6:00pm</b>	<b>4:15pm</b>		<b>11:30am</b>
<b>TEEN WHITE - BLACK (11-15 YRS OLD)</b>	<b>7:00pm</b>	<b>6:30pm</b>	<b>7:00pm</b>	<b>6:30pm</b>		<b>9:30am (W &amp; Y) 11:30am (Green ↑)</b>
<b>ADULT SKILLS (16+ YRS OLD)</b>	<b>7:00pm</b>	<b>6:30pm</b>	<b>7:00pm</b>	<b>6:30pm</b>		<b>9:30am (W &amp; Y) 11:30am (Green ↑)</b>
<b>Strength &amp; Conditioning (14+ YRS OLD)</b>		<b>7:30pm</b>		<b>7:30pm</b>		
<b>Rotating Series</b>		<b>7:30pm</b>				<b>10:30am</b>
<b>XP Program</b>						<b>12:30pm</b>
<b>Leadership Training</b>						<b>10:30am</b>

**RECOMMENDED  
CLASS ATTENDANCE**  
• • • • •  
**2-4X WEEKLY**

## MINIMUM CLASSES PER 2 MONTH CYCLE

•TIGER CUBS•  
•WHITE•  
**10**

•YELLOW•  
**12**

•GREEN•  
•BLUE•  
**12**

•BROWN•  
•RED• •BLACK•  
**14**

## Xtreme Performance

### WEAPONS TRAINING

- Swords

## Leadership - SCHEDULE

**2/22, 2/29, 3/14, 4/4**

All Enthusiast need to attend!

## Rotating Series

- Tuesday 2/11 - New Greenbelt Only Sparring Clinic
- Tuesday 2/18 - Competition Forms
- Tuesday 2/25 - Board Breaking
- Tuesday 3/3 - Competition Sparring

- Tuesday 3/17 - Black Belt Seminar
- Saturday 3/28 - Board Breaking
- Tuesday 3/31 - Black Belt Seminar
- Tuesday 4/7 - Testing Readiness

STUDENTS ARRIVING MORE THAN 2 MINUTES LATE TO CLASS WILL **NOT** BE ALLOWED TO MARK ATTENDANCE!!

**PERSONAL TRAINING** - Cross training and individual sessions are encouraged 1 or more times weekly

**TESTINGS** - Students must test to earn new rank. Testings are a **VERY** important part of training. Students should make it their goal every cycle to be prepared for their upcoming Testing EVERY Test. Students can register for testing the Monday through Saturday two weeks before the testing by using the invitation link sent directly to your email.

**TESTING CYCLE** - There are six 8-10 week training cycles each year. Students are encouraged to meet minimum class attendance guidelines to be eligible to test. Class totals start over at the beginning of each cycle regardless of whether the student tested. Minimum class attendance does not guarantee advancement. These are minimums. Ideal attendance is 3 times weekly resulting in 24 or more classes per cycle.

Minimum class attendance gives the student a minimum chance of passing their testing.

**MAKE-UP TESTING'S** - Make-Up Testing's are only allowed in special circumstances. Students wishing to test at a Testing other than the Primary Testing must obtain permission from their Senior Instructor

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