



July/August 2023 Monthly Class Management



Week #	Date	Monday/Tuesday	Thursday/Friday	Curriculum	Special Events
1	June 26 th To July 1 st	PD-Basic Warm-up 1	PD-Combination Warm-up 1	OSS	CLOSED
2	July 3 rd -8 th	CLOSED	CLOSED		3 rd -8 th CLOSED
3	July 10 th -15 th	DST- Basics Warm-up 2	DST- 1,2,3,4 Warm-up 2	OSS	14 th -Team Q23 OSS/SD M Test
4	July 17 th -22 nd	PD-Counterattack Warm-up 3	PD-Sparring Warm-up 1	OSS/T	17 th -20 th - Summer Camp week #2 22 nd - Team Q23 Final 4-hour class
5	July 24 th -29 th	Testing Preparation Warm-up 4	Testing	T	27 th - Belt Testing
6	July 31 st To August 5 th	PD-Basic Warm-up 1	PD-Combination Warm-up 1	P	31 st -3 rd - Summer Camp week #3 4 th -6 th GMC 40 th Anniversary Party- Buffalo
7	August 7 th -12 th	DST- Speed Warm-up 2	Big Shield Warm-up 2	P	8 th - Back to School- Greenville, SC
8	August 14 th -19 th	PD-Counterattack Warm-up 3	PD-Sparring Warm-up 1	P/OSS	18 th -20 th - College Move-In
9	August 21 st -26 th	Testing Preparation Warm up 4/5	Testing Preparation Warm up 4/5	P/OSS	26 th - Back to School BAF Day
10	August 28 th To September 2 nd	Testing Preparation Warm up 4	Testing Special Classes Warm up 1	T	31 st -Belt Testing Sept. 2 nd - Black Belt Testing Team Q23