

# 2024 Elite Martial Arts Rotation Schedule

**JANUARY**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	F	A	B	C	D	E
7	8	9	10	11	12	13
F	A	B	C	D	E	F
14	15	16	17	18	19	20
A	B	C	D	E	F	A
21	22	23	24	25	26	27
B	C	D	E	F	A	B
28	29	30	31			
C	D	E	F			

**FEBRUARY**

S	M	T	W	T	F	S
					1	2
					A	B
4	5	6	7	8	9	10
D	E	F	A	B	C	D
11	12	13	14	15	16	17
E	F	A	B	C	D	E
18	19	20	21	22	23	24
F	A	B	C	D	E	F
25	26	27	28	29		
A	B	C	D	E		

**MARCH**

S	M	T	W	T	F	S
						1
						2
					F	A
3	4	5	6	7	8	9
B	C	D	E	F	A	B
10	11	12	13	14	15	16
C	D	E	F	A	B	C
17	18	19	20	21	22	23
D	E	F	A	B	C	D
24	25	26	27	28	29	30
E	F	A	B	C	D	E
31						
F						

**APRIL**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	A	B	C	D	E	F
7	8	9	10	11	12	13
A	B	C	D	E	F	A
14	15	16	17	18	19	20
B	C	D	E	F	A	B
21	22	23	24	25	26	27
C	D	E	F	A	B	C
28	29	30				
D	E	F				

**MAY**

S	M	T	W	T	F	S
					1	2
					A	B
					C	D
5	6	7	8	9	10	11
E	F	A	B	C	D	E
12	13	14	15	16	17	18
F	A	B	C	D	E	F
19	20	21	22	23	24	25
A	B	C	D	E	F	A
26	27	28	29	30	31	
B	C	D	E	F	A	

**JUNE**

S	M	T	W	T	F	S
						1
						B
2	3	4	5	6	7	8
C	D	E	F	A	B	C
9	10	11	12	13	14	15
D	E	F	A	B	C	D
16	17	18	19	20	21	22
E	F	A	B	C	D	E
23	24	25	26	27	28	29
F	A	B	C	D	E	F
30						
A						

**JULY**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	B	C	D	E	F	A
7	8	9	10	11	12	13
B	C	D	E	F	A	B
14	15	16	17	18	19	20
C	D	E	F	A	B	C
21	22	23	24	25	26	27
D	E	F	A	B	C	D
28	29	30	31			
E	F	A	B			

**AUGUST**

S	M	T	W	T	F	S
					1	2
					C	D
					E	
4	5	6	7	8	9	10
F	A	B	C	D	E	F
11	12	13	14	15	16	17
A	B	C	D	E	F	A
18	19	20	21	22	23	24
B	C	D	E	F	A	B
25	26	27	28	29	30	31
C	D	E	F	A	B	C

**SEPTEMBER**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	D	E	F	A	B	C
8	9	10	11	12	13	14
E	F	A	B	C	D	E
15	16	17	18	19	20	21
F	A	B	C	D	E	F
22	23	24	25	26	27	28
A	B	C	D	E	F	A
29	30					
B	C					

**OCTOBER**

S	M	T	W	T	F	S
		1	2	3	4	5
		D	E	F	A	B
6	7	8	9	10	11	12
C	D	E	F	A	B	C
13	14	15	16	17	18	19
D	E	F	A	B	C	D
20	21	22	23	24	25	26
E	F	A	B	C	D	E
27	28	29	30	31		
F	A	B	C	D		

**NOVEMBER**

S	M	T	W	T	F	S
					1	2
					E	F
3	4	5	6	7	8	9
A	B	C	D	E	F	A
10	11	12	13	14	15	16
B	C	D	E	F	A	B
17	18	19	20	21	22	23
C	D	E	F	A	B	C
24	25	26	27	28	29	30
D	E	F	A	B	C	D

**DECEMBER**

S	M	T	W	T	F	S
	1	2	3	4	5	6
	E	F	A	B	C	D
8	9	10	11	12	13	14
F	A	B	C	D	E	F
15	16	17	18	19	20	21
A	B	C	D	E	F	A
22	23	24	25	26	27	28
B	C	D	E	F	A	B
29	30	31				
C	D	E				

**A-Promotion Preparation**  
**B-Kicking Training**  
**C-Pattern & Basic Movements**

**D-Sparring Techniques**  
**E-Self Defense/Falling Techniques**  
**F-Long Stretch, Breaking Technique & Target Sparring**

