

2023 Elite Martial Arts Rotation Schedule

JANUARY

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

FEBRUARY

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

MARCH

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

APRIL

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

MAY

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	31			
D	E	F	A			

JUNE

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

JULY

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	31					
A	B					

AUGUST

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

SEPTEMBER

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

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
D	E	F	A	B	C	D
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	31				
B	C	D				

NOVEMBER

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

DECEMBER

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
31						
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

