



2010

| | Traditional Class | Tiger Class | Elite Class |
|-----------------|--------------------------|--------------------|--------------------|
| Jan 4 – Jan 10 | Breaking | Breaking | Elite Weapons |
| Jan 11 – Jan 17 | Self-Defense | Focus | Elite Fitness |
| Jan 18 – Jan 24 | Sparring | Sparring | Elite Sparring |
| Jan 25 – Jan 31 | Forms | Fitness | Elite Leadership |
| Feb 1 – Feb 7 | Breaking | Breaking | Elite Weapons |
| Feb 8 – Feb 14 | Self-Defense | Focus | Elite Fitness |
| Feb 15 – Feb 21 | Sparring | Sparring | Elite Sparring |
| Feb 22 – Feb 28 | Forms | Fitness | Elite Leadership |
| Mar 1 – Mar 7 | Breaking | Breaking | Elite Weapons |
| Mar 8 – Mar 14 | Self-Defense | Focus | Elite Fitness |
| Mar 15 – Mar 21 | Sparring | Sparring | Elite Sparring |
| Mar 22 – Mar 28 | Forms | Fitness | Elite Leadership |
| Mar 29 – Apr 4 | Breaking | Breaking | Elite Weapons |
| Apr 5 – Apr 11 | Self-Defense | Focus | Elite Fitness |
| Apr 12 – Apr 18 | Sparring | Sparring | Elite Sparring |
| Apr 19 – Apr 25 | Forms | Fitness | Elite Leadership |
| Apr 26 – May 2 | Breaking | Breaking | Elite Weapons |
| May 3 – May 9 | Self-Defense | Focus | Elite Fitness |
| May 10 – May 16 | Sparring | Sparring | Elite Sparring |
| May 17 – May 23 | Forms | Fitness | Elite Leadership |
| May 24 – May 30 | Breaking | Breaking | Elite Weapons |
| May 31 – Jun 6 | Self-Defense | Focus | Elite Fitness |
| Jun 7 – Jun 13 | Sparring | Sparring | Elite Sparring |
| Jun 14 – Jun 20 | Forms | Fitness | Elite Leadership |
| Jun 21 – Jun 27 | Breaking | Breaking | Elite Weapons |
| Jun 28 – Jul 4 | Self-Defense | Focus | Elite Fitness |
| Jul 5 – Jul 11 | Sparring | Sparring | Elite Sparring |

| | Traditional Class | Tiger Class | Elite Class |
|-----------------|--------------------------|--------------------|--------------------|
| Jul 12 – Jul 18 | Forms | Fitness | Elite Leadership |
| Jul 19 – Jul 25 | Breaking | Breaking | Elite Weapons |
| Jul 26 – Aug 1 | Self-Defense | Focus | Elite Fitness |
| Aug 2 – Aug 8 | Sparring | Sparring | Elite Sparring |
| Aug 9 – Aug 15 | Forms | Fitness | Elite Leadership |
| Aug 16 – Aug 22 | Breaking | Breaking | Elite Weapons |
| Aug 23 – Aug 29 | Self-Defense | Focus | Elite Fitness |
| Aug 30 – Sep 5 | Sparring | Sparring | Elite Sparring |
| Sep 6 – Sep 12 | Forms | Fitness | Elite Leadership |
| Sep 13 – Sep 19 | Breaking | Breaking | Elite Weapons |
| Sep 20 – Sep 26 | Self-Defense | Focus | Elite Fitness |
| Sep 27 – Oct 3 | Sparring | Sparring | Elite Sparring |
| Oct 4 – Oct 10 | Forms | Fitness | Elite Leadership |
| Oct 11 – Oct 17 | Breaking | Breaking | Elite Weapons |
| Oct 18 – Oct 24 | Self-Defense | Focus | Elite Fitness |
| Oct 25 – Oct 31 | Sparring | Sparring | Elite Sparring |
| Nov 1 – Nov 7 | Forms | Fitness | Elite Leadership |
| Nov 8 – Nov 14 | Breaking | Breaking | Elite Weapons |
| Nov 15 – Nov 21 | Self-Defense | Focus | Elite Fitness |
| Nov 22 – Nov 28 | Sparring | Sparring | Elite Sparring |
| Nov 29 – Dec 5 | Forms | Fitness | Elite Leadership |
| Dec 6 – Dec 12 | Breaking | Breaking | Elite Weapons |
| Dec 13 – Dec 19 | Self-Defense | Focus | Elite Fitness |
| Dec 20 – Dec 26 | Sparring | Sparring | Elite Sparring |
| Dec 27 – Jan 2 | Forms | Fitness | Elite Leadership |