

Session #73 - Spring 2024

4/3

Explain: Bow in,
Exercise: Stretch
Technique of the day: Horse Stance, Fist, Punch, Kihap
Focus Station: Easter Match Game
Technique Station: Horse Stance, Punch to pads
Run to target, right, then left, then both to TKD
Word for the Day: Bow in Words, 2 Ways to Sit

4/10

Review: Bow in, Horse stance, fist, punch, kihap
Exercise: Ball Warmup
Technique of the day: High Block - Oxjaw
Focus Station: Read 5 Tenets of TKD
Technique Station: Oxjaw & Blocks
Relay: Block/Oxjaw, then Block/Oxjaw/DUCK/Oxjaw or punch
Word for the Day: Makki

4/17

Review: Makki, Oxjaw, high block
Exercise: Agility Ladders
Technique of the day: Low Block, Middle Block (In & Out)
Focus Station: I Spy Memory Game
Technique Station: Low & Middle Blocks to Noodles
Relay: Shoe Drop Race
Word for the Day: SaBumNim

4/24

Review: SaBumNim, Low, Middle (In & Out) Blocks
Exercise: Tabata
Technique of the day: Front Snap Kick
Focus Station: I Spy Bingo
Technique Station: Kick to Shields
Relay: Rt Kick, Switch Lft Kick
Word for the Day: Bow in Words

5/1

Review: Front Snap Kick, Bow in words
Exercise: Cones
Technique of the day: Front Stance, Reg/Rev Punch
Focus Station: Spot It JR
Technique Station: Reg/Reg from Front Stance to Pads
Relay: Walking reg/rev punch to pads
Word for the Day: Tenets of TKD

5/8 (Anna Out)

Review: Makki, Front Stance, Reg/Rev Punch
Exercise: Kickboxing Warmup w/Crescent Kick
Technique of the day: Crescent Kicks
Focus Station: Spot the Difference
Technique Station: Kick Paddles
Relay: Walking Crescent Kicks
Word for the Day: Bow In Words

5/15 (Anna Out)

Review: Bow In Words, Crescent Kicks
Exercise: TKD Warmup
Technique of the day: Roundhouse Kick
Focus Station: Memory Chess
Technique Station: Shields
Relay: First to shield
Word for the Day: Courtesy

5/22 (Anna Out)

Review: Courtesy, RH Kick
Exercise: Penalty Boxes
Technique of the day: In/Out Makki & High Block
Focus Station: Foam Sword Fighting
Technique Station: Foam Sword Fighting
Relay: Foam Sword Fighting
Word for the Day: Integrity

5/29 (Anna Out)

Review: Integrity, In/Out Makki, High Block
Exercise: Walking
Technique of the day: Side Kick
Focus Station: Read Perseverance
Technique Station: Kick Mats on Wall
Relay: Hula Hoop Circle
Word for the Day: Dobok

6/5 (Anna Out)

Review: Side Kick, Dobok
Exercise: Jumping
Technique of the day: Front Jump & Jump Side/RH
Focus Station: Jumping Monkeys
Technique Station: Jumping T Bar
Relay: Wooden Egg Race
Word for the Day: Perseverance

6/12 (Anna Out)

Review: Integrity, Front Jump, Jump Side
Exercise: Sport Warmup
Technique of the day: Back Stance, Backfist
Focus Station: 2 Pics in One
Technique Station: Strikes to Paddles
Relay: Move Balls in Hoola Hoops
Word for the Day: Count 1-5

6/19 (warn loud noise) (Anna Out)

Review: Back Kick, Count 1-5
Exercise: Animal Warmup
Technique of the day: Back Kick
Focus Station: Find Hidden Animals
Technique Station: Back Kick to Pads on the Wall
Relay: Kick Balloons
Word for the Day: Count 6-10
