

Session #75 - Fall 2024

9/28

Explain: Bow in
Exercise: Stretch
Technique of the day: Horse Stance, Fist, Punch, Kihap
Focus Station: Read [Strength and Self Discipline](#)
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**

11/16

Exercise: Balance Warmup
Technique of the day: Balance Beam
Focus Station: Floor Belt Wars (Group #1 - 15 min)
Technique Station: Balance Beam Drills (Group #2 - 15 min)
Relay: Balance Beam Belt Wars (20 min)
Word for the Day: **Um/Yang - Yin/Yang**

10/5

Exercise: Animal Warmup
Technique of the day: High Block, Reverse Punch
Focus Station: Metal Puzzles
Technique Station: High Block Blocker, Reverse Punch pad
Relay: High Block, Reverse Punch to target
Word for the Day: **Makki**

11/23

Exercise: Jumping
Technique of the day: Front Jump Kick, Jump Roundhouse/Side
Focus Station: Jumping Monkeys
Technique Station: X-Bar kicks to balls & noodles
Relay: Hoppity Balls
Word for the Day: **Kam Sa Ham Nida**

10/12

Exercise: Agility Ladders
Technique of the day: Front Stance, Front Snap Kick
Focus Station: Spot It JR
Technique Station: Kick to shields or mats
Relay: Parachute
Word for the Day: **SaBumNim**

11/30

Breaking

Word for the Day: **Kam Sa Ham NidaKyuk-Pa**

10/19 (Don't have Gym-Class Moves to Church)

Exercise: Ball Warmup
Technique of the day: Roundhouse Kick
Focus Station: Pictureka!
Technique Station: Attack with Bonkers
Relay: 3 kids kick to shield. 1st stays for 3X
Word for the Day: **TKD**

12/7 (have to be out of gym by noon)

Exercise: Tabata
Technique of the day: Nunchakus
Focus Station: Spot the Difference Thanksgiving

High Jump

Word for the Day: **Dobok**

10/26

Review: TKD, Blocks
Exercise: Cones (Flimsey Ones)
Focus Station: Halloween Hidden Objects
Foam Sword Fighting
Word for the Day: **Gyoorgi**

12/14

Exercise: Stations
Technique of the day: Crescent Kicks
Focus Station: Christmas Hidden Objects or Christmas Coloring
Technique Station: Kicks to Paddles
Relay: Kicks to Paddles Walking
Word for the Day: **Perseverance & Definition of a Black Belt**

11/2

Review: Gyoor-gi
Olympic Sparring
Word for the Day: **Sparring Words**

12/21 (Don't have gym-Class moves to Church)

Exercise: Elf on the Run
Twister
Make Christmas Gift Bag. Scratch ornament for inside bag
If time **Christmas Hidden Objects or Christmas Coloring**
Charades
Give out goody Bags

11/9

Exercise: Sports or Walking
Technique of the day: Flying Side Kick
Focus Station: Furious Five (35 min)
Technique Station: Flying Side Kicks over something on floor
Relay: Jump over Noodle
Word for the Day: **What Each Furious Five is Noted For**

Merry Christmas & Happy New Year!!
Next Class Begins 1/4/25!!