

Week #	Date	Class Focus	Date	Class Focus
1	9/26	Stretch Warmup - Forms - Taeguek Focus - Balance Beam & Belt Wars	9/28	Walk/run around Gym, Light Warmup - Walking Drills - Timing Drills - High Jump
2	10/3	Kickboxing Warnup - Pad Drills - Rock, Paper, Scissors	10/5	Partner Warmup - Forms with Taeguek Focus - Metal Puzzles
3	10/10	Cones Warmup - Timing Drills, Self- Defense - Cup Stacking	10/12	Ladders Warmup - Forms with Palgwe Focus - Parachute
4	10/17	Partner Warmup - Forms - Palgwe Focus - 2 Pics in 1 - <u>UPSTAIRS</u>	10/19	Tabata Warmup - Timing Drills, Self- Defense ( <b>Don't have gym-Class at Church</b> ) - Rock, Paper, Scissors
5	10/24	Wall-to-Wall Warmup - Walking Drills - Forms - Metal Puzzles (Halloween)	10/26	Point Sparring - Foam Sword Fighting (Halloween)
6	10/31	<b>Halloween - No Class</b>	11/2	Olympic Sparring - Flag Sparring
7	11/7	Foam Sword Fighting - Flag Sparring	11/9	Shawn Warmup - Pad Drills - Jump over Noodle
8	11/14	Stations Warmup - Bunkai - Forms - Jump over Noodle	11/16	Self Defense, Timing Drills - Balance Beam and Belt Wars Szyhowski Tournament
9	11/21	<b>Breaking</b> (Self-Defense Application)	11/23	Walking Drills Warmup, Forms - Flag Sparring
H	11/28	<b>Thanksgiving - No Class</b>	11/30	<b>Breaking</b>
10	12/5	JO/Cane Warmup - JO or Cane - Nunchakus	12/7	JO/Cane Warmup - JO or Cane - Nunchakus - <b>Must be out of Gym by Noon</b>
11	12/12	Review	12/14	Review
T	12/19	<b>Testing</b>	12/21	<b>Testing (Don't have gym-Class At Church)</b>

		<b>Winter Session Begins 1/2</b>		<b>Winter Session Begins 1/24</b>
--	--	----------------------------------	--	-----------------------------------