

## 2025 Winter Session Youth Families Classes

Week #	Date	Warm-Up	Class Focus	Date	Warm-Up	Class Focus
1	1/2	Stretch	Forms - Taeguek Focus - Nunchakus	1/4	Stretch	Walking Drills, Timing Drills - Rock/Paper/Scissors
2	1/9	Kickboxing	Pad Drills - Snowball Fight	1/11	Walking Drills	Forms - Taeguek Focus - Snowball Fight
3	1/16	Partner	Timing Drills, Self-Defense - Flag Sparring	1/18	TKD	Point Sparring - Flag Sparring
4	1/23	Walking Drills	Forms - Palgwe Focus - Foam Swords	1/25	Ladders	Timing Drills, Self-Defense - Nunchakus
5	1/30	Wall to Wall	Walking Drills, Timing Drills - Parachute	2/1	Kickboxing	Pad Drills - Parachute
6	2/6	GJJ Warm-Up	GJJ Stand Up Self-Defense - Jump Over Noodle	2/8	Walking Drills	Forms - Palgwe Focus - High Jump
7	2/13	Ladders	Timing Drills, Self-Defense - Rock/Paper/Scissors	2/15	Olympic Sparring Drills	Olympic Sparring - Sparring Matches
8	2/20	Walking Drills	Forms, Creative Forms	2/22	Breaking	Breaking - Breaking Pictures/Real Boards
9	2/27	Breaking	Breaking - Pictures	3/1	Cane	Cane - Foam Swords
10	3/6	Stations	Paddle Drills, Flag Sparring	3/8	Stations	Walking Drills, Forms - 2 in 1 Pictures
11	3/13	Jo	Jo - Metal Puzzles	3/15	Judo	Judo - Body Bumpers and/or back-to-back
12	3/20	Walking Drills	Review	3/22	Walking Drills	Review
T	3/27		Testing	3/29		Testing