

1/4

Exercise: Stretch

Technique of the day: Horse Stance, Fist, Punch, Kihap

Focus Station: Read Tenets of TKD

Technique Station: Horse Stance, Punch to pads

Run to target, right/left, then both to TKD

Word for the Day: Bow in Words & 2 ways to sit

1/11

Exercise: Ball Warmup

Technique of the day: Front Snap Kick, Front Stance

Focus Station: Zingo

Technique Station: Front Snap Kick to Panda Blowups

Relay: Snowball fight

Word for the Day: Dobok

1/18

Exercise: Tabata Exercises

Technique of the day: High Block, Reg/Reg Oxjaw to Pads

Focus Station: Spot It Game

Technique Station: High Block Blockers, Oxjaw Pads

Relay: Hoola Hoop w/Balls

Word for the Day: SaBumNim

1/25

Exercise: Agility Ladders

Technique of the day: Standing, Pivot & step/scoop side kick

Focus Station: Spot the Difference

Technique Station: Side kicks to shields

Relay: Nunchakus

Word for the Day: TKD

2/1

Exercise: Walking Exercises

Technique of the day: Roundhouse Kicks

Focus Station: Groundhog Bingo

Technique Station: Roundhouse Kicks to Shields/Paddles

Relay: Parachute

Word for the Day: Bow in & 2 ways to sit

2/8

Exercise: Jumping Exercises

Technique of the day: Front Jump Kick, Jump side & Roundhse

Focus Station: Jumping Monkeys

Technique Station: Kick to paddles

Relay: High Jump

Word for the Day: Count 1-5 (Handouts) - Gyroo-gi

2/15

## Sparring

Word for the Day: Gyroo-gi, Sparring Words

2/22

## Breaking

Word for the Day: Kyuk-Pa

3/1

Exercise: Animal Warmup

Technique of the day: In/Out Makki, Low Block & High Block

Focus Station: Foam Sword Fighting

Technique Station: Foam Sword Fighting

Relay: Foam Sword Fighting

Word for the Day: Makki

3/8

Exercise: Stations Exercises

Technique of the day: Back Kick

Focus Station: 2 in 1 Pictures

Technique Station: Back Kicks to Shields or Mats on Wall

Relay: Back Kick to Balloons

Word for the Day: Courtesy

3/15

## Judo Tumbling Body Bumpers

Word of the Day: Judo

3/22

Exercise: Sport Warmup

Technique of the day: Side Kick,

Focus Station: Building Bugs

Technique Station: Side kicks to shields or mats on wall

Relay: Walking side kicks-step and/or pivot

Word for the Day: Integrity

3/29

Exercise: Balance Exercises

Technique of the day: Slow Kicks

Focus Station: Opposites

Technique Station: Slow Kicks to Pads

Relay: Walk balancing pad on head

Word for the Day: Yin/Yang-Um/Yang

4/5

## No Classes April 5

Spring Session begins April 12

Please register and sign-up-a-friend  
Sign-Up-A-Friend cards can be found

on the Willow website at [willowmartialarts.com](http://willowmartialarts.com)