

# Spring 2025 Class Syllabus

## Thursday Class- Kirkwood Baptist Church 6:00-8:00

Week #	Date	Warm-Up	Class Focus
1	4/10	Stretch	Forms - Taeguek Focus - <b>Stacking Cups</b>
2	4/17	Kickboxing	Pad Drills - <b>Shape-Shifting Cubes</b>
3	4/24	Walking Drills	Forms-Palgwe Forms - <b>Parachute</b>
4	5/1	Partner	Timing Drills, Self-Defense - <b>Flag Sparring</b>
5	5/8	Kevin's Warm-Up	Progressive Walking Drills - <b>Rock, Paper Scissors</b>
6	5/15	GJJ Warm-Up	GJJ Stand Up Self-Defense - <b>Belt Wars</b>
7	5/22	Ladders	Timing Drills, Self-Defense - <b>Snowball Fight</b>
8	5/29	Shawn's Warm-Up	Pad Drills (Tentative) - <b>Shawn's Fun Drills</b>
9	6/5	Walking Drills	Forms - <b>Cup Stack Relays</b>
10	6/12	Jo	Jo - <b>Nunchakus</b>
11	6/19	Walking Drills	Review
<b>T</b>	<b>6/26</b>		<b>Testing</b>

## Saturday Class-Kirkwood Ctr 10:15-12:15

Date	Warm-Up	Class Focus
4/12	Stretch	Walking Drills, Timing Drills - <b>Rock, Paper Scissors</b>
4/19	Walking Drills	Forms - Taeguek Focus - <b>Parachute</b>
4/26	Partner	Timing Drills, Self-Defense - <b>Flag Sparring</b>
5/3	TKD	Point Sparring - <b>Sparring Matches</b>
5/10	Olympic Sparring Drills	Pad Drills - Forms - <b>Snowball Fight</b>
5/17	Walking Drills	Forms - Palgwe Focus - <b>Metal Puzzles</b>
5/24	Kickboxing	Olympic Sparring - <b>Sparring Matches</b>
5/31	Judo	Judo - <b>Body Bumpers &amp; Back-to-Back</b>
6/7	Ladders	Timing Drills, Self-Defense - <b>Shape-Shifting Cubes</b>
6/14	Stations	Walking Drills, Forms - <b>Foam Swords</b>
6/21	Walking Drills	Review
<b>6/28</b>		<b>Testing</b>