

Spring 2025

4/12

Explain: Bow in,

Exercise: Stretch

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

Focus Station: Read 5 Tenets of TKD

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

4/19

Review: Bow in, Horse stance, fist, punch, kihap

Exercise: Ball Warmup

Technique of the day: High Block - Oxjaw

Focus Station: Easter Match Game

Technique Station: Oxjaw & Blocks

Relay: Easter Egg Race Relay

Word for the Day: Makki

4/26 (IA Qualifier)

Review: Makki, Oxjaw, high block

Exercise: Tabata

Technique of the day: Low Block, Middle Block (In & Out)

Focus Station: I Spy Memory Game

Technique Station: Low & Middle Blocks to Noodles

Relay: Shoe Drop Race

Word for the Day: SaBumNim

5/3

Review: SaBumNim, Low, Middle (In & Out) Blocks

Exercise: Walking Warmup

Technique of the day: Front Snap Kick

Focus Station: Spot It JR

Technique Station: Kick to Shields

Relay: Rt Kick, Switch Lft Kick

Word for the Day: Bow in Words

5/10 (OZ Qualifier)

Review: Front Snap Kick, Bow in words

Exercise: TKD

Technique of the day: Front Stance, Reg/Rev Punch

Focus Station: I Spy Bingo

Technique Station: Reg/Reg from Front Stance to Pads

Relay: Walking reg/rev punch to pads

Word for the Day: Bow In Words - Ways to Sit - Fist

5/17

Review: Makki, Front Stance, Reg/Rev Punch

Exercise: Follow the Leader

Technique of the day: Crescent Kicks

Focus Station: Spot the Difference

Technique Station: Kick Paddles

Relay: Walking Crescent Kicks

5/24

Review: Bow In Words, Crescent Kicks

Exercise: Kickboxing Warmup

Technique of the day: Roundhouse Kick

Focus Station: Memory Chess

Technique Station: Shields

Relay: First to shield or kick balls off pedestals

Word for the Day: Courtesy

5/31

Review: Courtesy, RH Kick

Exercise: Judo Warmup

Technique of the day: Judo

Focus Station: Judo

Technique Station: Judo

Relay: Body Bumpers

Word for the Day: Review each member of Furious Five

6/7

Review: Integrity, In/Out Makki, High Block

Exercise: Ladders

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

Focus Station: Foam Sword Fighting

Technique Station: Foam Sword Fighting

Relay: Foam Sword Fighting

Word for the Day: Dobok

6/14

Review: Dobok

Exercise: Jumping

Technique of the day: Front Jump & Jump Side/RH

Focus Station: Jumping Monkeys

Technique Station: Jumping T Bar

Relay: Hop Balls

Word for the Day: Perseverance

6/21

Review: Integrity, Front Jump, Jump Side

Exercise: Sport Warmup

Technique of the day: Back Stance, Backfist

Focus Station: 2 Pics in One

Technique Station: Strikes to Paddles

Relay: Move Balls in Hooola Hoops

Word for the Day: Count 1-5

6/28

No Class

New Session Begins July 5

