

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

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

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