

**Willow Martial Arts**  
**Winter 2026 Thursday Class Syllabus**

<b>Week #</b>	<b>Date</b>	<b>Warm-Up</b>	<b>Class Focus</b>
1	1/8	Stretch	Walking Drills, Timing Drills, Tai Chi
2	1/15	Forms	Forms - Taeguek Focus
3	1/22	TKD	Point Sparring
4	1/29	Partner	Timing Drills, Self-Defense
5	2/5	Kickboxing	Pad Drills
6	2/11	Walking Drills	Forms - Palgwe Focus
7	2/19	Instructor's Choice	Kevin and Carlow Self-Defense Class
8	2/26	Breaking	Breaking
9	3/5	Jo	Jo
10	3/12	Kevin Warm-Up	Progressive Walking Drills
11	3/19	Walking Drills	Review
<b>T</b>	<b>3/26</b>		<b>Testing</b>