

Willow Martial Arts
Winter 2026 Wednesday Class Syllabus

Week #	Date	Warm-Up	Class Focus	Last 20 Minutes
1	1/7	Forms	Timing Drills, Taeguek Forms	Rock, Paper, Scissors
2	1/14	Kickboxing	Pad Drills, Self-Defense, Forms	Snowball Fight
3	1/21	Partner	Timing Drills, Side Kick, Forms	High Jump
4	1/28	Ladders	Timing Drills, Self-Defense, Forms	Parachute
5	2/4	Follow the Leader	Point Sparring	Matches or Flag Sparring
6	2/11	Cones	Timing Drills, Self-Defense, Forms	Metal Puzzles
7	2/18	Lawrence Warm-Up	Olympic Sparring Drills	Matches or Foam Sword
8	2/25	Judo	Osoto Gari, Back-to-Back	Back-2-Back or Body Bumpers
9	3/4	Breaking	Breaking	Pictures
10	3/11	Shawn Warm-Up	Pad Drills	Shawn's Games
11	3/18	Walking Drills	Review	Nunchakus
T	3/25		Testing	