

Winter 2026 TKD Kids Class Syllabus

1/7

Explain: Bow in

Exercise: Stretch

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

Focus Station: Read Strength

Technique Station: Horse Stance, Punch to pads-Kihap

Unwrap Kisses with gloves on

Word for the Day: Bow in Words & 2 ways to sit

1/14

Review: Bow in, 2 ways 2 sit, Horse Stance, Fist, Punch, Kihap

Exercise: Ball Warmup

Technique of the day: Front Snap Kick, Front Stance

Focus Station: Zingo

Technique Station: Front Snap Kick to Panda Blowups

Relay: Snowball fight

Word for the Day: Dobok

1/21

Review: Dobok, Front Snap Kick

Exercise: Tabata Exercises

Technique of the day: High Block, Reg/Reg Oxjaw to Pads

Focus Station: Spot It Game

Technique Station: High Block Blockers, Oxjaw Pads

Relay: Egg Race

Word for the Day: SaBumNim

1/28

Review: SaBumNim, High Block, Reg/Rev Oxjaw

Exercise: Agility Ladders

Technique of the day: Standing, Pivot & step/scoop side kick

Focus Station: Flippin Frogs

Technique Station: Side kicks to shields

Relay: Nunchakus

Word for the Day: TKD

2/4

Review: TKD, Side kick, step & scoop side kick

Exercise: Walking Exercises

Technique of the day: Roundhouse Kicks

Focus Station: Groundhog Day Bingo

Technique Station: Roundhouse Kicks to Shields/Paddles

Relay: Hoola Hoop Circle

Word for the Day: Bow in & 2 ways to sit

2/11

Review: Bow in, Roundhouse Kick

Exercise: Cones

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

Focus Station: Foam Sword Fighting

Technique Station: Foam Sword Fighting

Relay: Foam Sword Fighting

Word of the Day: Review blocks, ways to sit, bow in

2/18

Review: Blocks, Bow In, Dobok, Sabumnim

Sparring

Word for the Day: Gyroo-gi, Sparring Words

2/25

Review: Gyroo-Gi, Sparring Words

Judo Tumbling

Body Bumpers

Back to Back

Word of the Day: Judo

3/4 (Remind parents about noise next week)

Review: Makkis

Breaking

Word for the Day: Kyuk-Pa

3/11 (Loud Noise alert)

Review: Kyuk-Pa

Exercise: Stations Exercises

Technique of the day: Back Kick

Focus Station: I Spy Memory

Technique Station: Back Kicks to Shields or Mats on Wall

Relay: Back Kick to Balloons

Word for the Day: Courtesy

3/18

Review: Courtesy, Back Kick

Exercise: Jumping Exercises

Technique of the day: Front and Side Jump Kicks

Focus Station: Jumping Monkeys

Technique Station: Kicks to paddles or X-Bar

Relay: Hop Balls

Word for the Day: Count 1-5

3/25

Review: Count 1-5

Exercise: Animal Warmup

Technique of the day: Side Kicks Walking

Focus Station: Read Tenets of TKD

Technique Station: Side kicks to shields or mats on wall

Relay: Hoola Hoop w/Balls

Word for the Day: Integrity

New Session Begins April 1 - No Fooling