

## 2026 Thursday Spring Session Syllabus

<b>Week #</b>	<b>Date</b>	<b>Warm-Up</b>	<b>Class Focus</b>
1	4/2	Stretch	Forms - Taeguek Focus
2	4/9	Jo Warm-Up	Jo
3	4/16	Instructor's Choice	Kevin's Self-Defense Class
4	4/23	Carlow's Warm-Up	Creative Forms
5	4/30	TKD Warm-Up	Forms - Palgwe Focus
6	5/7	Kevin's Warm-Up	Progressive Walking Drills
7	5/14	Breaking	Rebreakable Boards Only
8	5/21	Judo	Judo, Ground Grappling
9	5/28	Lawrence Warm-Up	Olympic Sparring
10	6/4	Shawn's Warm-Up	Pad Drills
11	6/11	Review	Review
<b>T</b>	<b>6/18</b>	<b>Testing</b>	<b>Testing</b>