

## 2026 Wednesday Spring Session Syllabus

<b>Week #</b>	<b>Date</b>	<b>Warm-Up</b>	<b>Class Focus</b>	<b>Last 20 Min</b>
1	4/1	TKD Warm-Up	Roundhouse Kick, Timing Drills, Forms	RPS
2	4/8	Kickboxing	Front Kick, Forms, Self-Defense	Cup Stacking
3	4/15	Ladders	Blocks, Timing Drills, Forms	Tourn S.D.
4	4/22	Partner	Side Kick, Self-Defense Sequences	High Jump
5	4/29	Cane Warm-Up	Cane/Nunchackus	Nunchackus Form
6	5/6	Follow the Leader	Hand Strikes, Timing Drills, Forms	Parachute
7	5/13	Breaking	Rebreakable Boards Only	Creative Forms
8	5/20	Forms Warm Up	Forms, Pad Drills, Self-Defense	Spinning Noodle
9	5/27	Judo	Breakfalls, Osoto gari, Kesa gatame,	Back to Back
10	6/3	TKD Warm-Up	Point Sparring	Flag Sparring
11	6/10	Review	Review	Review
<b>T</b>	<b>6/17</b>	<b>Testing</b>	<b>Testing</b>	<b>Testing</b>