

2026 Summer Taekwondo Kids Class Syllabus

6/24

Explain: Bow in

Exercise: Stretch Warm

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

Focus Station: [Read Tenets of TKD](#)

Technique Station: Horse Stance, Punch to pads

Relay: Run to target, right, then left, then both to TKD

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

7/1

Review: Bow In Words, 2 Ways to Sit, Punch, Kihap, Horse Stance

Exercise: Ball Warmup

Technique of the day: Front Stance, Front Snap,

Focus Station: Find Differences 4th July

Technique Station: Front Snap to Pandas

Relay: Run down and do kicks to Pandas

Word for the Day: Taekwondo (paper pictures)

7/8

Review: Taekwondo, Front stance, front snap

Exercise: Agility Ladders

Technique of the day: Inside/Outside Blocks

Focus Station: Spot It JR

Technique Station: Blocks to spinning targets

Relay: Hoola Hoop Circle

Word for the Day: Dobok

7/15

Review: TKD meaning, Crescent Kicks

Obstacle Course

Foam Sword Fighting

Word for the Day: SaBumNim

7/22

Review: SaBumNim

Judo

Word for the Day: Judo

7/29

Review: Judo

Breaking

Word for the Day: Kyuk-Pa

8/5

Review: Kyuk-Pa

Exercise: Wall-to-Wall Warmup

Technique of the day: Blocks (Hi/Low)

Focus Station: Read the 5 Tenets of TKD

Technique Station: Blocks & Strikes

Relay: Flag Sparring

Word for the Day: Makki

8/12 (Take Frog Handouts)

Review: Makkis, Tenets of TKD

Exercise: Jumping Warmup

Technique of the day: Front Jump & Jump Side/RH Kick

Focus Station: Flippin Frogs

Technique Station: Kick T-Bar

Relay: Hi Jump

Word for the Day: Courtesy

8/19

Review: Courtesy, Jump Kicks

Exercise: Sports Warmup

Technique of the day: Roundhouse Kick

Focus Station: Building bugs

Technique Station: RH Kick to Shields/Heavy Bags

Relay: Timed RH kicks-Who hits first

Word for the Day: Self Control

8/26

Review: Self-Control, RH Kick

Olympic Sparring

Word for the Day: Sparring Words

9/2

Review: Sparring Words

TKD Olympics

Word for the Day: Self Control

9/9

Review: Self-Control

Exercise: Balance Warmup

Technique of the day: Balance

Focus Station: Opposites (3rd station floor belt wars)

Technique Station: Balance Beam Techniques

Relay: Balance Beam Belt Wars

Word for the Day: Perseverance

Fall Session Begins Sept 16