

Week #	Date	Warm-Up	Class Focus	Last 20 Min Activity
1	6/24	TKD Warm-Up	Roundhouse Kick, Timing Drills, Forms	Cup Stacking
2	7/1	Kickboxing	Front Kick, Forms, Self-Defense	RPS
3	7/8	Ladders	Blocks, Timing Drills, Forms	Tangrams
4	7/15	Partner	Side Kick, Forms, Self-Defense	Hand/Eye Co-ordination Game
5	7/22	Judo Warm-Up	Osoto Gari, Kesa Gatame, Ashi Waza	Back-to-Back
6	7/29	Breaking	Breaking	Pictures
7	8/5	Instructor Choice	Cane Class	Nunchakus
8	8/12	Instructor Choice	Carlow's Self-Defense	Circle SD or Gauntlet
9	8/19	TKD Olympics	TKD Olympics	TKD Olympics
10	8/26	Partners in Hogu	Olympic Sparring	Sparring or Foam Swords
11	9/2	Walking Drill	Review	Review
T	9/9	Testing	Testing	Testing
Fall Session Begins Sept 16				