

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	8/5 Review: Kyuk-Pa Exercise: Wall-to-Wall Warmup Technique of the day: Blocks (Hi/Low) Focus Station: ?? Technique Station: Blocks & Strikes Relay: Flag Sparring Word for the Day: Makki
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)	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
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	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
7/15 Review: TKD meaning, Crescent Kicks Obstacle Course Foam Sword Fighting Word for the Day: SaBumNim	8/26 Review: Self-Control, RH Kick Olympic Sparring Word for the Day: Sparring Words
7/22 Review: SaBumNim Exercise: Walking Follow the Leaar Exercises Judo Self-Defense Word for the Day: Judo	9/2 Review: Sparring Words TKD Olympics Word for the Day: Self Control
7/29 Review: Judo Breaking Word for the Day: Kyuk-Pa	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