

Date	Warm-Up	Class Focus
6/25	Instructor Choice	Forms - Taeguek Focus
7/2	Instructor Choice	Seoi Nage, Kata Gatame, Juji Gatame
7/9	Instructor Choice	Forms-Palgwe Focus
7/16	Instructor Choice	Eserima One/Three Step Sparring
7/23	Instructor Choice	Breaking
7/30	Instructor Choice	Bokken
8/6	Instructor Choice	BJJ Self-Defense Eserima
8/13	Instructor Choice	Progressive Walking Drills
8/20	Instructor Choice	Point Sparring
8/27	Instructor Choice	Tai Chi
9/3	Walking Drill	Review
9/10	Testing	Testing
Fall Session Begins Sept. 17		