

All Classes

THE JOURNEY IS THE DESTINATION!

Class Breakdown	
LK	Little Kickers
KS	Kick Starts
INT	Intermediate Leadership
ADV	Advanced Leadership
BBC	Black Belt Candidates
BB	Black Belts
FS	Fellowship
NC	No Classes
SS	Service Saturday
-	Class Number



July 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BBC - 9 BB - 27 LK - 7 KS - 17 INT - 36 ADV - 9	2 INT - 36 LK - 7 KS - 17 BBC - 9 BB - 27	3 BBC - 10 BB - 27 LK - 8 KS - 18 INT - 1 ADV - 10	4 th Closed	5 LK - 14	6 Service Saturday
8 BBC - 11 BB - 28 LK - 9 KS - 19 INT - 2 ADV - 10	9 INT - 2 LK - 9 KS - 19 BBC - 11 BB - 28	10 BBC - 12 BB - 28 LK - 10 KS - 20 INT - 3 ADV - 11	11 INT - 3 LK - 10 KS - 20 BBC - 12 BB - 28	12 LK - 15	13 LK - 13 KS - 16 INT - 35 ADV - 13 FS - 8
15 BBC - 13 BB - 29 LK - 11 KS - 21 INT - 4 ADV - 12	16 INT - 4 LK - 11 KS - 21 BBC - 13 BB - 29	17 Closed	18 Closed	19 Closed	20 Closed
22 BBC - 14 BB - 30 LK - 12 KS - 22 INT - 5 ADV - 13	23 INT - 5 LK - 12 KS - 22 BBC - 14 BB - 30	24 BBC - 15 BB - 30 LK - 13 KS - 23 INT - 6 ADV - 14	25 INT - 6 LK - 13 KS - 23 BBC - 15 BB - 30	26 LK - 16	27 LK - 14 KS - 17 INT - 36 ADV - 14 FS - 9
29 BBC - 16 BB - 31 LK - 14 KS - 24 INT - 7 ADV - 15	30 INT - 7 LK - 14 KS - 24 BBC - 16 BB - 31	31 BBC - 17 BB - 31 LK - 15 KS - 25 INT - 8 ADV - 16	August 1 st INT - 8 LK - 15 KS - 25 BBC - 17 BB - 31	2 LK - 17	3 LK - 15 KS - 18 INT - 1 ADV - 15 FS - 10

32 Classes	Little Kickers
1	X-Block, Partner Balance Drill 1
2	Batman, Strength Drill 1
3	Punch, Agility Drill 1
4	Hulk Smash, Reaction Drill 1
5	Double Low Block, Balance Drill 2
6	Captain America, Strength Drill 2
7	High Block, Agility Drill 2
8	Ironman, Reaction Drill 2
9	Flip Chop, Balance Drill 3
10	Black Panther, Strength Drill 3
11	Front Kick, Agility Drill 3
12	Black Widow, Reaction Drill 3
13	Twin Punch, Balance Drill 4
14	Falcon, Strength Drill 4
15	Side Kick, Agility Drill 4
16	Spiderman, Reaction Drill 4
17	Mega Muscle Block, Balance Drill 5
18	Wonder Woman, Strength Drill 5
19	Palm Heel Strike, Agility Drill 5
20	Flash, Reaction Drill 5
21	Round Kick, Balance Drill 6
22	Superman, Strength Drill 6
23	Square Block, Agility Drill 6
24	Thor, Reaction Drill 6
25	Knee Strike, Balance Drill 7
26	Dr. Strange, Strength Drill 7
27	Low Block, Agility Drill 7
28	Mr. Fantastic, Reaction Drill 7
29	Elbow Smash, Balance Drill 8
30	Aquaman, Strength Drill 8
31	Knife Hand Strike, Agility Drill 8
32	Frozone, Reaction Drill 8

28 Classes	Kick Start
1	Low Block, 1 on 1 Wrist Grab
2	Lunge Punch, 2 on 1 Wrist Grab
3	Inner Forearm Block, Round Kick
4	Double Knife Hand Block, Inverted Wrist Grabs
5	Square Block, Side Kick
6	High Block, Shoulder Push
7	Knife Hand Strike, Shoulder Grab
8	Outer Forearm Block, Inner Crescent Kick
9	Reverse Punch, 2 Hand Shoulder Push
10	Spear Hand Strike, Outer Crescent Kick
11	Back-Fist Strike, Lapel Grab Escape 1
12	Twin Outer Forearm Block, Lapel Grab Escape 2
13	Front Kick, Lapel Grab Escape 3
14	Double Punch, Hook Kick
15	Low Block, 1 on 1 Wrist Grab
16	Lunge Punch, 2 on 1 Wrist Grab
17	Inner Forearm Block, Round Kick
18	Double Knife Hand Block, Inverted Wrist Grabs
19	Square Block, Shoulder Push
20	High Block, Slip
21	Knife Hand Strike, Shoulder Grab
22	Outer Forearm Block, 2 Hand Shoulder Push
23	Reverse Punch, Jab
24	Spear Hand Strike, Lapel Grab Escape 1
25	Back-Fist Strike, Lapel Grab Escape 2
26	Twin Outer Forearm Block, Cross
27	Front Kick, Lapel Grab Escape 3
28	Double Punch, Hook Kick

36 Classes	Intermediate Leadership
1	Upset Knife Hand Strike, Slip & Cross
2	2 Hand Choke, Board Break Front Kick
3	Sparing Footwork, Nunchucks
4	Scoop Block, Spar
5	2 Hand Choke From Behind, Spin Heel Kick
6	Bait and Switch, Slip & Body Jab
7	Double Outer Forearm Block, Board Break
8	1 Hand Choke, Nunchucks, Form Combo 3
9	Blitz, Bag Challenge
10	Hooking Block, Jump Side Kick
11	Reverse Horizontal Elbow Strike, Nunchucks
12	Pull Back Choke, Leg Kicks
13	Round Step, BB Turning Round Kick
14	Knife Hand Square Block, Nunchucks
15	Standing RNC, Front Kick Rings
16	Zone Block, Reverse Side Kick
17	Double Inner Forearm Block, Escrima Stick
18	Guilotine Choke Defense, Uppercut
19	Lead Leg Kicks, BB Step Palm Heel Strike
20	Upset Ridgehand Block, Escrima Stick
21	Upset Palmheel Block, Spar
22	Upright Headlock Defense, Jump Round Kick
23	Spar Footwork, Escrima Stick
24	Reverse Upward Elbow Strike, Overhand Hook Punch
25	Head Lock W/Punches, BB Pickup Sidekick
26	Bait and Switch, Escrima Stick
27	Twin Punch, Spar
28	Twin Upset Punch, Jump Hook Kick
29	Bent Over Headlock, Escrima Stick
30	Blitz, Shovel Round Kick
31	High X-Block, BB Step Punch
32	Round Step, Tonfa
33	Pressing Block, Spar
34	Zone Block, Reverse Outer Crescent Kick
35	C-Block, Tonfa, Form Combo 12
36	Lead Leg Kick, Tonfa

36 Classes	Advanced Leadership
1	Upset Spear Hand, Back-Fist Low-Block, SC Reverse & Spin Kicks
2	Front Bear Hug: Frame, Tonfa: Fan Strike Short Stab, High Block
3	1 st Half of Chun-Ji, SK Jump Reverse Side Kick
4	Twin Inner Forearm Block, Double Low Block, SC Attack Blocks
5	SD Chin Frame, Tonfa: Palm Roll Over to Knee Strike, Inner Block to spin Hammer Fist Combo
6	Jab, Cross, Hook, Rear Leg Kick, SK Jump Reverse Side Kick
7	Head grab, Knee Strike, Horizontal Spear Hand, BB Upset Knife hand Strike
8	Front Over Arm Bear Hug, Tonfa: Low Block Outer Forearm Block Combo, High/Low Trip Takedown
9	Second half of Chun-Ji, SK Double Action Jump Round Kick
10	Low X-Block, Back Elbow, SC Lean and Perry
11	Under Arm Bear Hug from behind, Bo-Staff: Strikes 1-9 H3&4
12	Rear Uppercut, Lead Hook, Cross, Rear Kick, SK Back Kick
13	Front High/Low Block, Palm Heel Block, SC Jump Evasion Kicks
14	Pickup Bear Hug, Bo-Staff, Palm Roll over, Figure 8
15	First half of Won-Hyo, SK Round Kick Sweep
16	Upset Punch, Downward Knife Hand, BB Flying Side Kick
17	Back Over Arm Hug, Bo-Staff, Blocks and Hip Spin
18	Push Kick, Jab, Switch Kick, Cross, BB Back Fist
19	Horizontal Back Elbow, Side High/Low Block, SC Double Kicks
20	Sucker Punch Defense, DBL Nunchucks, 7 Strike, Leg Roll Ups
21	Second Half of Won-Hyo, SK Jump Knee Strike
22	DBL Knife-hand Low Block, Knife-hand High Block and Chop Together, SC Moving Hands
23	Haymaker Defense, DBL Nunchucks, Figure 8, Double Triangle
24	Lead Hook, Round Kick, Superman Punch, BB Jump Round Kick
25	1&2 Step Flying Side Kick, BB Ridge Hand Strike
26	Bully Charge Defense, DBL Nunchucks, Alternating Shoulder Strikes, Stab and Catch
27	First Half of Joong-Gun, SK Hop Spin Side Kick
28	Ridge Hand Strike, SC Slide kicking
29	2 Hand Close Grip Defense, DBL Stick, 6&10 Count
30	Check, Cross, Hook, Round Step, Kick, BB Hook Kick
31	Turning Side Kick, SC Faints and Level Changing
32	2 Hand Shoulder Grab, DBL Stick, High & Low X-Block, Side High/Low Block
33	2 nd Half of Joong-Gun, SK Double Action Jump Double Front Kick
34	Knife hand Low X-Block, Twin Upset Palm Heel Block, BB Foreword Elbow Strike
35	Wall Pin Defense, DBL Stick, Wing Block, Wrist Rolls, Heel Strike
36	Double Jab, Cross, Uppercut, Overhand Hook, Clinch, Knees, BB Axe Kick

16 Classes	Black Belt Candidates
1	Chun-Ji, 2 Self-Defenses
2	Weapon Form, Spar
3	Won-Hyo, 2 Self-Defenses
4	Board Breaks, Kickboxing, Written Test
5	Joong-Gun, 2 Self-Defenses
6	Stances, 3 New Moves
7	Part 1 of Kwong-Gye, Spar
8	Pick and Choose Class
9	Part 2 of Kwong-Gye, Kickboxing
10	Sparing Concepts, Weapon Form
11	Part 3 of Kwong-Gye, Review
12	Self-Defense,
13	Kwong-Gye, Fitness
14	Self-Defense, Review
15	Kickboxing, Weapon Form
16	Pick and Choose Class

50 Weeks	Black Belts
Sparring	Week 1, 7, 13, 19, 26, 32, 38, 44
Self-Defense	Week 2, 8, 14, 20, 27, 33, 39, 45
Forms	Week 3, 9, 15, 21, 28, 34, 40, 46
Weapons	Week 4, 10, 16, 22, 29, 35, 41, 47
Specialty Kicks	Week 5, 11, 17, 23, 30, 36, 42, 48
Fitness & Board	Week 6, 12, 18, 24, 31, 37, 43, 49