

**GROUP CLASS LESSON AGENDA**  
**November 2024**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
Group Class Theme:					ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs						
Fundamentals					Edge/Xtreme	Instructors Choice
Advanced						Instructors Choice
3	4	5	6	7	8	9
Group Class Theme:	R.D.	R.D.	I.C.	I.C.	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Red Stripe Eval	Red Stripe Eval	Instructors Choice	Instructors Choice		
Fundamentals	Red Stripe Eval	Red Stripe Eval	Instructors Choice	Instructors Choice	Warrior/Inferno	Instructors Choice
Advanced	Red Stripe Eval	Red Stripe Eval	Instructors Choice	Instructors Choice		Instructors Choice
10	11	12	13	14	15	16
Group Class Theme:	R.D.	R.D.	R.D.	R.D.	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Pinan Shodan 1/3	Spear Hand & Elbow Strikes	Trap & Roll	Opening Cerimony Belt Tie & Front Kick		
Fundamentals	Pinan Shodan - Full	Kihon #2	Standing Guillotine Defense	Sparring Sweep Combo	Sprawl	Instructors Choice
Advanced	Kata	CSD	Roll	Spar		Instructors Choice
17	18	19	20	21	22	23
Group Class Theme:	R.D.	ATTRIBUTES	ATTRIBUTES	HARD	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Kickboxing Combos 1-3	Bring A Friend	Bring A Friend	Horse Stance & Punch Kiai		
Fundamentals	Kickboxing Combos 1-5			Kihon 3	Edge/Xtreme	Instructors Choice
Advanced	Kickboxing			Sparring Lies: Spins		Instructors Choice
24	25	26	27	28	29	30
Group Class Theme:	HARD	HARD	HARD			
Little Samurais						
Pee Wee Champs	F. Stance & Bow/Arrow Punch and Head Block	Hand Pat 1/2 Outside Block	Hand Pattern - Full Inside Block	Thanksgiving Dojo Closed		Thanksgiving Dojo Closed
Fundamentals	Kihon 4	Kihon 5	Kihon 6			
Advanced	Pinan Sandan 1/2	Pinan Sandan 2/2	Pinan Sandan			