

GROUP CLASS LESSON AGENDA
October 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
Group Class Theme:		ATTRIBUTES	HARD	HARD		I.C.
Little Samurais		L.S #6				
Pee Wee Champs		Bring A Friend	Roundhouse Down Block	Hammer Fist Back Hand		
Fundamentals			Pinan Shodan 2/3	Pinan Shodan 1/3		Instructors Choice
Advanced			Sparring - Pressure	Sparring - Lies - (Feint)		Instructors Choice
6	7	8	9	10	11	12
Group Class Theme:	HARD	HARD	KATA	SOFT SUP.	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Palm Strike/Chops Cross Hand Block	Ridge Hand/Finger Jab Creative Self Defense	Pinan Shodan Horse Stance	Bent Elbow Esc Shimp Skill		
Fundamentals	Pinan Shodan Full	Kihon 1	Pinan Shodan Full	Rolls	Edge/Xtreme	Instructors Choice
Advanced	Sparring - Lies (Front Kick)	Sparring - Lies (Side Kick)	Pinan Sandan	Hip Wheel Belly Throw		Instructors Choice
13	14	15	16	17	18	19
Group Class Theme:	R.D.	R.D.	SOFT	SOFT	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Red Stripe Eval	Red Stripe Eval	Mount Control Bridge Skill	Take Back - Mount Punch Block (1)		
Fundamentals	Red Stripe Eval	Red Stripe Eval	Standing Guillotine Defense	Triangle Choke -Guard	Warrior/Inferno	Instructors Choice
Advanced	Instructors Choice	Instructors Choice	Leg Lock - Toe Hold A	Leg Lock - Toe Hold B		Instructors Choice
20	21	22	23	24	25	26
Group Class Theme:	SOFT	SOFT	SOFT	SOFT	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Trap & Roll Punch Block (2)	Front Clinch/Body Fold Punch Block (3)	Mouse Trap Punch Block (4)	Instructors Choice		
Fundamentals	Haymaker Punch & & Rear Clinch TD	Elevator Sweep -Guard	Fight Simulation 3	Fight Simulation 4	Sprawl	Instructors Choice
Advanced	T.A.C. Counter	Sub: Neck Hug Sequence	Leg Lock - Knee Lock A	Leg Lock - Knee Lock B		Instructors Choice
27	28	29	30	31		
Group Class Theme:	SOFT	HARD SUP.	HARD			
Little Samurais						
Pee Wee Champs	Instructors Choice	Forced Entry Forward Stance	Sensitivity Entry Short Cat Stance	Dojo Closed		
Fundamentals	Elbow Escape Mount	Sensitivity Entry	TKD Basic Kicks			
Advanced	Fight Simulation 9	Jump Spin Outside Crescent Kick	Jump Spin Inside Crescent Kick			