GROUP CLASS LESSON AGENDA

September 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
Group Class Theme:		SOFT	SOFT	SOFT		I.C.
Little Samurais		L.S. #2				
Pee Wee Champs	**Labor Day Dojo Closed**	Front Clinch & Body Fold TD	Mouse Trap	Positional Control - Mount		
Fundamentals		Fight Sim. #4	Dbl Leg Takedown	Americana Armlock		Instructors Choice
Advanced		Americana Counter	Armlock Counter	Leg Lock Straight Foot Lock A		Instructors Choice
8	9	10	11	12	13	14
Group Class Theme:	SOFT	HARD - SUP.	HARD - SUP.	R.D.	ICHIBAN	I.C.
Little Samurais		L.S. #3				
Pee Wee Champs	Front Clinch & Body Fold TD	Forced Entry	Sensitivity Entry	Red Stripe Eval		
Fundamentals	Armlock - Mount	Forced Entry	TKD Basic Kicks	Red Stripe Eval	**Edge/Xtreme**	Instructors Choice
Advanced	Leg Lock Straight Foot Lock B	Outside, Inside, Axe Kicks	Spin Outside Crescent Kick	Red Stripe Eval		Instructors Choice
15	16	17	18	19	20	21
Group Class Theme:	R.D.	I.C.	I.C.	R.D.	ICHIBAN	I.C.
Little Samurais		L.S. #4				
Pee Wee Champs	Red Stripe Eval	Instructors Choice	Instructors Choice	Hand Pattern 1/2		
Fundamentals	Red Stripe Eval	Instructors Choice	Instructors Choice	Pinan Shodan 1/3	**Warrior/Inferno**	Instructors Choice
Advanced	Red Stripe Eval	Instructors Choice	Instructors Choice	Kata		Instructors Choice
22	23	24	25	26	27	28
Group Class Theme:	R.D.	R.D.	R.D.	R.D.	ICHIBAN	I.C.
Little Samurais		L.S. #5				
Pee Wee Champs	Hand Pattern Full	Mouse Trap	Back Kick	Kickboxing 1-3		
Fundamentals	CSD	Positional Control Mount	Sparring: Pressure Combo	Kickboxing 1-5	**Sprawl**	Instructors Choice
Advanced	CSD	Roll	Spar	Kickboxing		Instructors Choice
29	30					
Group Class Theme:	ATTRIBUTES					
Little Samurais						
Pee Wee Champs	Attributes Bring A Friend					
Fundamentals						
Advanced						