

GROUP CLASS LESSON AGENDA
December 2024

	Mon	Tues	Wed	Thurs	Fri	Sat
	2	3	4	5	6	7
Group Class Theme:	KATA	SOFT SUP.	R.D.	R.D.		I.C.
Little Samurais						
Pee Wee Champs	Pinan Shodan 2/2 Down Block	Falls Chop Block	Red Stripe Eval	Red Stripe Eval		
Fundamentals	Pinan Shodan	4 - DIRECTION Throw	Red Stripe Eval	Red Stripe Eval		Instructors Choice
Advanced	Kata	Hammer Lock	Red Stripe Eval	Red Stripe Eval		Instructors Choice
	9	10	11	12	13	14
Group Class Theme:	SOFT	SOFT	SOFT	SOFT	ICHIBAN	I.C.
Little Samurais						
Pee Wee Champs	Front Clinch/Body Fold TD Straight Armlock - Mount	Mouse Trap Crocodile Hunter	Bank Robber Control Leg Triangle	Log Roll/Wild Horse Shrimp Skill		
Fundamentals	Punch Block 1-4	Guillotine Choke & Standing Armlock	Triangle Choke - Guard	Haymaker Defense Rear Clinch Takedown	Warrior/Inferno	Instructors Choice
Advanced	Leg Lock Heel Hook A	Leg Lock Heel Hook B	Super Hook Top Mount Control	High Mount Control		Instructors Choice
	16	17	18	19	20	21
Group Class Theme:	SOFT	SOFT	SOFT	HARD SUP.		I.C.
Little Samurais						
Pee Wee Champs	Say Your Prayers Bridge Skill	Giant Takedown Lip Stick #1	Mouse Trap Lip Stick #2	Forced Entry Cross Hand Block		
Fundamentals	Elevator Sweep - Guard	Fight Simulation #3	Fight Simulation #4	Forced Entry		Instructors Choice
Advanced	Surprise Roll Escape Top Mount	Surprise Elbow Escape Top Mount	Sub: Cross Hand Choke Sequence	Kickboxing #11-16 Counters & Ducking		Instructors Choice
	23	24	25	26	27	28
Group Class Theme:						
Little Samurais						
Pee Wee Champs	Christmas Break Dojo Closed	Christmas Break Dojo Closed	Christmas Break Dojo Closed	Christmas Break Dojo Closed		Christmas Break Dojo Closed
Fundamentals						
Advanced						
	30	31				
Group Class Theme:						
Little Samurais						
Pee Wee Champs	Christmas Break Dojo Closed	New Years Dojo Closed				
Fundamentals						
Advanced						