

GROUP CLASS LESSON AGENDA

January 2025

	Mon	Tues	Wed	Thurs	Fri	Sat	
			1	2	3	4	
Group Class Theme:			New Years Dojo Closed	I.C.		I.C.	
Little Samurais							
Pee Wee Champs				Instructors Choice			
Fundamentals				Instructors Choice		Instructors Choice	
Advanced				Instructors Choice		Instructors Choice	
	6	7	8	9	10	11	
Group Class Theme:	HARD SUP.	R.D.	R.D.	I.C.		I.C.	
Little Samurais							
Pee Wee Champs	Magic Beard <small>Move, Block, Don't get Hit</small>	Red Stripe Eval	Red Stripe Eval	Instructors Choice			
Fundamentals	Sensitivity Entry	Red Stripe Eval	Red Stripe Eval	Instructors Choice		Instructors Choice	
Advanced	Kickboxing #11-16 Uppercut	Red Stripe Eval	Red Stripe Eval	Instructors Choice		Instructors Choice	
	13	14	15	16	17	18	
Group Class Theme:	I.C.	R.D.	R.D.	R.D.	ICHIBAN	I.C.	
Little Samurais		L.S. #1					
Pee Wee Champs	Instructors Choice	Pinan Shodan 2/2 Horse Stance	Back Kick Forward Stance	Bank Robber Control Lip Stick #3			
Fundamentals	Instructors Choice	Pinan Shodan	Creative Self Defense	Elbow Esc - Mount	Sprawl	Instructors Choice	
Advanced	Instructors Choice	Kata	Creative Self Defense	Roll		Instructors Choice	
	20	21	22	23	24	25	
Group Class Theme:		R.D.	R.D.	ATTRIBUTES	ICHIBAN	I.C.	
Little Samurais		L.S. #2					
Pee Wee Champs	MLK Dojo Closed	F. Leg Round House Short Cat Stance	Kickboxing 1-3 Medium Cat Stance	Bring A Friend			
Fundamentals		Spar Mix Combo	Kickboxing 1-3		Edge/Xtreme	Instructors Choice	
Advanced		Spar	Kickboxing			Instructors Choice	
		27	28		29	30	31
Group Class Theme:		ATTRIBUTES	HARD		HARD	HARD	ICHIBAN
Little Samurais		L.S. #3					
Pee Wee Champs	Bring A Friend	Hammer Fist & Back Hand Hour Glass Stance	Palm & Chop Strikes Sparring Stance	Ridge Hand & Finger Jabs Kiai			
Fundamentals		Spar Combos 1 & 2	Spar Combos 3 & 4	Spar Combos 5 & 6	Warrior/Inferno		
Advanced		Spar Counters from Kicks	Spar Counters Retreat	Spar Counters vs Pressure			