

GROUP CLASS LESSON AGENDA

February 2025

	Mon	Tues	Wed	Thurs	Fri	Sat
						1
Group Class Theme:						I.C.
Little Samurais						
Pee Wee Champs						
Fundamentals						Instructors Choice
Advanced						Instructors Choice
	3	4	5	6	7	8
Group Class Theme:	HARD	HARD	HARD SUP.	R.D.		I.C.
Little Samurais		L.S. #4				
Pee Wee Champs	Spear & Elbow Strike Head Blocks	Pinan Shodan 3/3 Outside Bocks	Rolls Punch Block (4)	Red Stripe Eval		
Fundamentals	Spar Combos 7 & 8	Pinan Shodan 2/3	4 Direction Throw	Red Stripe Eval		Instructors Choice
Advanced	Spar Counters Stop Hits	Pinan Yondan 1/3	Flow 2	Red Stripe Eval		Instructors Choice
	10	11	12	13	14	15
Group Class Theme:	R.D.	SOFT	SOFT	SOFT		I.C.
Little Samurais		L.S. #5				
Pee Wee Champs	Red Stripe Eval	Take the Back - Mount Stand Up & Base	Trap & Roll Straight Armlock - Mount	Front Clinch Body Fold & SM Control		
Fundamentals	Red Stripe Eval	Stand Headlock Def.	Fight Sim. 5	Fight Sim 6		Instructors Choice
Advanced	Red Stripe Eval	Side Control Escapes	Lying Armlock Submission Finishes	Double Jumping Front Kick		Instructors Choice
	17	18	19	20	21	22
Group Class Theme:	SOFT	SOFT	SOFT	SOFT		I.C.
Little Samurais		L.S. #6				
Pee Wee Champs	Americana Armlock Leg Triangle	Positional Control - Mount Shrimp Skill	Take the Back - Mount Punch Block #1	Trap & Roll Bridge Skill		
Fundamentals	Trap & Roll	Leg Hook & Body Fold TD	Americana Punch Variation	Americana Neck Hug Variation		Instructors Choice
Advanced	Open Guard Pass	Guard Sweeps	Guard Subissions	Guard Pass Recoveries		Instructors Choice
	24	25	26	27	28	
Group Class Theme:	HARD SUP.	HARD SUP.	R.D.	R.D.		
Little Samurais						
Pee Wee Champs	Forced Entry Inside Block	Sensitivity Entry Down Block	Red Stripe Eval	Red Stripe Eval		
Fundamentals	TKD Basic Kicks	Kickboxing 1-5	Red Stripe Eval	Red Stripe Eval	Sprawl	
Advanced	Jumping Front Kick	Lying Armlock Escapes	Red Stripe Eval	Red Stripe Eval		