

GROUP CLASS LESSON AGENDA

March 2025

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------|---|--|--|--|------------------------|--------------------|
| Group Class Theme: | | | | | | 1 |
| Little Samurais | | | | | | I.C. |
| Pee Wee Champs | | | | | | |
| Fundamentals | | | | | | Instructors Choice |
| Advanced | | | | | | Instructors Choice |
| | 3 | 4 | 5 | 6 | 7 | 8 |
| Group Class Theme: | I.C. | I.C. | R.D. | R.D. | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Instructors Choice | Instructors Choice | Pinan Shodan 1/3 Chop Block | Open Cerim. & Belt Tie Front Kick & CSD | | |
| Fundamentals | Instructors Choice | Instructors Choice | Pinan Shodan 3/3 | Kihon 1 a & b | Edge/Xtreme | Instructors Choice |
| Advanced | Instructors Choice | Instructors Choice | Pinan Yondan 2/3 | Creative SD | | Instructors Choice |
| | 10 | 11 | 12 | 13 | 14 | 15 |
| Group Class Theme: | R.D. | R.D. | R.D. | ATTRIBUTES | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Front Clinch & Body Fold Punch Block (2) | Attention & Ready Pos. Side Kick & X blocks | Kickboxing 1-3 Horse Stance | Bring A Friend | Warrior/Inferno | |
| Fundamentals | Top M. Control Left/Right | Spar Combo 1 & 2 | Kickboxing 1-5 | | | Instructors Choice |
| Advanced | Roll | Sparring Entries | KB Combos 11-16 M.T. Round Kicks | | | Instructors Choice |
| | 17 | 18 | 19 | 20 | 21 | 22 |
| Group Class Theme: | ATTRIBUTES | HARD | HARD | HARD | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Bring A Friend | Horse Stance & Punch Short Cat Stance | F. Stance/Bow & Arrow P. Forward Stance | Hand Patt. 1/2 Med. Cat Stance | | |
| Fundamentals | | Opening Ceremony Belt Tie | Attention & Ready Pos. Rev. Punch | Stances Front & Rev. Punch | Instructors Choice | |
| Advanced | | Kihon 1 | Kihon 2 | Kihon 3 | Instructors Choice | |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| Group Class Theme: | HARD | HARD | SOFT SUP. | R.D. | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Hand Patt. Full Hourglass Stance | Back Kick Sparring Stance | Bent Elbow Escape | Red Stripe Eval | | |
| Fundamentals | Hand Pat. 1/2 | Hand Pat. Full | Hip Throw | Red Stripe Eval | Instructors Choice | |
| Advanced | Kihon 4 | Kihon 5 | Upper Corkscrew | Red Stripe Eval | Instructors Choice | |
| | 31 | | | | | |
| Group Class Theme: | R.D. | | | | | |
| Little Samurais | | | | | | |
| Pee Wee Champs | Red Stripe Eval | | | | | |
| Fundamentals | Red Stripe Eval | | | | | |
| Advanced | Red Stripe Eval | | | | | |