

**GROUP CLASS LESSON AGENDA
May 2025**

	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
Group Class Theme:				R.D.		
Little Samurais						
Pee Wee Champs				Hammer Fist & Back Hand Outside Block		
Fundamentals				Basic Kicks	Warrior/Inferno	
Advanced				Spar		
	5	6	7	8	9	10
Group Class Theme:	R.D.	BJJ FIGHT SIMULATION	BJJ FIGHT SIMULATION	ATTRIBUTES		
Little Samurais		L.S. #6				
Pee Wee Champs	Kickboxing 1-3	Positional Control Americana	Front Clinch Take Back	Bring A Friend	Sprawl	
Fundamentals	Kickboxing 1-5	FS 1	FS 2			
Advanced	Kickboxing	FS 10	FS 11			
	12	13	14	15	16	17
Group Class Theme:	ATTRIBUTES	HARD	HARD	HARD		
Little Samurais						
Pee Wee Champs	Bring A Friend	Palm & Chop Strikes Inside Block	Ridge & Finger Strikes Down Block	Spear & Elbow Strikes Chop Block		
Fundamentals		Hand Strikes	Kihon 2 a & b	Kihon 3 a & b		
Advanced		Pinan Yodan 1/3	Pinan Yodan 2/3	Pinan Yodan 3/3		
	19	20	21	22	23	24
Group Class Theme:	HARD	HARD	SOFT SUP.	R.D.		
Little Samurais						
Pee Wee Champs	Opening Cerimony, Belt Tie Front Kicks & X Blocks	Attention & Ready Pos. Side Kick & CSD	Falls	Red Stripe Eval		
Fundamentals	Kihon 4 a & b	Pinan Shodan (Full)	Heel Pick	Red Stripe Eval		
Advanced	Pinan Yodan Full	Pinan Yodan Full	Pistol Grip	Red Stripe Eval		
	26	27	28	29	30	31
Group Class Theme:	R.D.	SOFT	SOFT	SOFT		
Little Samurais						
Pee Wee Champs	Red Stripe Eval	Trap & Roll Bridge Skill	Front Clinch Body Fold & Shrimp Skill	Americana Armlock Leg Triangle		
Fundamentals	Red Stripe Eval	Triangle Choke (Guard)	Haymaker Punch Def. Rear Clinch T.D.	Elevator Sweep		
Advanced	Red Stripe Eval	Guard Sweep	Double Underhook Pass	Guard Submission		