

GROUP CLASS LESSON AGENDA

January 2026

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------|---|--|--|--|--------------------------------|--------------------|
| | | | | 1 | 2 | 3 |
| Group Class Theme: | | | | | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | | | | | | |
| Fundamentals | | | | | | Instructors Choice |
| Advanced | | | | | | Instructors Choice |
| Black Belt | | | | | | |
| | | | | CLOSED: New Years Day | | |
| | | | | | | |
| | 5 | 6 | 7 | 8 | 9 | 10 |
| Group Class Theme: | I.C. | I.C. | KATA | CSD | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Instructors Choice | Instructors Choice | Opening Cerimony Front Kick & Outside Block | Attention & Ready Pos. Side Kick & Inside Block | | |
| Fundamentals | Instructors Choice | Instructors Choice | Pinan Shodan (Full) | Kihon 1 a & b | EDGE 4 XTREME 4 | Instructors Choice |
| Advanced | Instructors Choice | Instructors Choice | Tourn. Kata | Creative Self Def. | | Instructors Choice |
| Black Belt | | Club 1 | | Club 2 | | |
| | | | | | | |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| Group Class Theme: | ROLL | SPAR | KICKBOXING | BJJ FS | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | Americana Armlock Punch Block (3) | Horse Stance Karate Punch & Spar Stance | Kickboxing 1-3 Down Block | Mount Control Punch Block #4 | | |
| Fundamentals | FS #3 | Spar Combos 1 & 2 | Kickboxing 1-5 | FS #4 | | Instructors Choice |
| Advanced | Roll | Spar | Kickboxing | FS #6 | | Instructors Choice |
| Black Belt | | Club 3 | | Shushi-no-kun (A) | | |
| | | | | | | |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| Group Class Theme: | | BJJ FS | ATTRIBUTES | ATTRIBUTES | | I.C. |
| Little Samurais | | | | | | |
| Pee Wee Champs | | Take Back from Mount Stand Up & Base | | | | |
| Fundamentals | CLOSED: MLK | FS #1 | Attribute Training (Bring A Friend) | Attribute Training (Bring A Friend) | WARRIOR 4 INFerno 4 | Instructors Choice |
| Advanced | | FS #13 | | | | Instructors Choice |
| Black Belt | | Shushi-no-kun (B) | | Shushi-no-kun (C) | | |
| | | | | | | |
| | 26 | 27 | 28 | 29 | 30 | |
| Group Class Theme: | HARD | HARD | HARD | HARD | | |
| Little Samurais | | | | | | |
| Pee Wee Champs | F. Stance & Bow & Arrow Punch Chop Block | Hand Pattern 1/2 Cross Hand Block | Hand Pattern - Full CSD | Back Kick Horse Stance | SPRAWL 4 | |
| Fundamentals | Hand Pattern 1/2 | Hand Pattern Full | Basic Kicks | Hand Strikes | | |
| Advanced | Pinan Godan 1/2 | Side Kick Defense | Pinan Godan 2/2 | Spin Back Kick Defense | | |
| Black Belt | | Pinan 3 Bunkai A | | Pinan 3 Bunkai B | | |