

GROUP CLASS LESSON AGENDA

March 2026

	Mon 2	Tues 3	Wed 4	Thurs 5	Fri 6	Sat 7
Group Class Theme:	STRIPE EVAL.	I.C.	I.C.	PROMOTIONS	SPRAWL 5	I.C.
Little Samurais						
Pee Wee Champs	Red Stripe Eval	Instructors Choice	Instructors Choice	Promotions		
Fundamentals	Red Stripe Eval	Instructors Choice	Instructors Choice	Promotions		Instructors Choice
Advanced	Red Stripe Eval	Instructors Choice	Instructors Choice	Promotions		Instructors Choice
Black Belt		TKD Offense 1		TKD Offense 2		
	9	10	11	12	13	14
Group Class Theme:	PROMOTIONS	I.C.	I.C.	KATA		I.C.
Little Samurais						
Pee Wee Champs	Promotions	Instructors Choice	Instructors Choice	Hammer Fist & Backhand Hourglass Stance		
Fundamentals	Promotions	Instructors Choice	Instructors Choice	Kihon 6 a & b		Instructors Choice
Advanced	Promotions	Instructors Choice	Instructors Choice	Pinan Godan - Full		Instructors Choice
Black Belt		TKD Offense 3		Review		
	16	17	18	19	20	21
Group Class Theme:	CSD	ROLL	SPAR	KICKBOXING		I.C.
Little Samurais						
Pee Wee Champs	Palm & Chop Strikes Sparring Stance	Americana Armlock Punch Block (4)	Ridge Hand & Finger Jab Kiai	Combos 1-3 Head-block		
Fundamentals	Kihon 1 a & b	Armlock - Mount	Spar Combo 3 & 4	Kickboxing 1-5		Instructors Choice
Advanced	Creative Self Defense	BJJ Roll	Karate Spar	Kickboxing		Instructors Choice
Black Belt		Guard Pass B - Standing Pass		Guard Pass B - Standing Pass		
	23	24	25	26	27	28
Group Class Theme:	BJJ FIGHT SIMULATION	BJJ FIGHT SIMULATION	ATTRIBUTES	ATTRIBUTES	Spring Break	I.C.
Little Samurais	Spring Break	Spring Break	Spring Break	Spring Break		Spring Break
Pee Wee Champs	Positional Control - Mount Straight Armlock - Mount	Take Back - Mount Stand Up & Base	Attribute Training (Bring A Friend)	Attribute Training (Bring A Friend)		
Fundamentals	Fight Sim 5	Fight Sim 6				Instructors Choice
Advanced	Fight Sim 14	Fight Sim 1				Instructors Choice
Black Belt		Guard Sub Counter A (Triangle Choke)		Guard Sub Counter B (Armlock)		
	30	31				
Group Class Theme:	HARD	HARD				
Little Samurais						
Pee Wee Champs	Spear Hand Elbow Strikes	Opening Ceremony Belt Tie & Front Kick				
Fundamentals	Spar Combos 1 & 2	Spar Combos 5 & 6				
Advanced	Pinan Nidan 1/3	Sparring Mult Opp.				
Black Belt		Nunchaku Kata (A)				