GROUP CLASS LESSON AGENDA

December 2026

	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
Group Class Theme:		KATA	CSD	SPAR	SPRAWL #3	I.C.
Little Samurais						
Pee Wee Champs		Horse Stance & Karate Punch Down Block	F. Stance & Bow & Arrow Punch Chop Block	Hand Pattern 1/2 Horse Stance		
Fundamentals		Pinan Shodan 3/3	Kihon 1 a & b	Spar Combos 7 & 8		Instructors Choice
Advanced		Kata	CSD	Spar		Instructors Choice
Black Belt		Top Mount Esc B (Surprise Elbows)		Judo Counter 4		
	7	8	9	10	11	12
Group Class Theme:	ROLL	POINT SPAR	KICKBOXING			I.C.
Little Samurais						
Pee Wee Champs	Take Back - Mount Punch Block (2)	Front Leg Roundhouse Forward Stance	Kickboxing Combos 1-3 CSD	Trap & Roll Punch Block (3)		
Fundamentals	Fight Simulation 6	Spar Combos 1 & 2	Kickboxing Combos 1-5	Fight Simulation 3		Instructors Choice
Advanced	Roll	Point Spar	Kickboxing	Fight Simulation 7		Instructors Choice
Black Belt		Judo Counter 5		Review		
	14	15	16	17	18	19
Group Class Theme:						I.C.
Little Samurais						
Pee Wee Champs	Front Clinch & Body Fold TD Punch Block (4)	Attribute Training (Bring A Friend)	Attribute Training (Bring A Friend)	Instructors Choice		
Fundamentals	Fight Simulation 4			Instructors Choice		Instructors Choice
Advanced	Fight Simulation 8			Instructors Choice		Instructors Choice
Black Belt		Review				
	21	22	23	24	25	26
Group Class Theme:				Christmas Break		Christmas Break
Little Samurais						
Pee Wee Champs	Instructors Choice	Instructors Choice	Instructors Choice			
Fundamentals	Instructors Choice	Instructors Choice	Instructors Choice	CLOSED		CLOSED
Advanced	Instructors Choice	Instructors Choice	Instructors Choice			
Black Belt						
	28	29	30	31		
Group Class Theme:				Christmas Break		
Little Samurais						
Pee Wee Champs	Instructors Choice	Instructors Choice	Instructors Choice			
Fundamentals	Instructors Choice	Instructors Choice	Instructors Choice	CLOSED		
Advanced	Instructors Choice	Instructors Choice	Instructors Choice			
Black Belt						