


Belt Level: Advance	Footwork	Blocks/Basics	Stances	Kickboxing Defense
	<ul style="list-style-type: none"> - Side Step - Shuffle Step - Spin-step, half step 	<ul style="list-style-type: none"> - Modified Knifehand - Scissor Block - Double Middle in a front stance - High Punch in a Back stance 	<ul style="list-style-type: none"> -Fighting stance -ready position -kickboxing stance -Front stance -Back stance 	<ul style="list-style-type: none"> - Parry (inside & outside) - Roll - Slip - Full Cover - Side Cover
Kickboxing	Kicks	Self defense	Sparring techniques	Forms
<ul style="list-style-type: none"> - 1,2,3,4 drill - offset elbow - Kbox Pattern #3 - Defend Kbox Pattern #1 	<ul style="list-style-type: none"> - Side: pop-up, long-step - Back: pop-up - Crescent: inside, outside, spin outside - Hook: slide, pull - Axe: slide, cross - Uprising: slide, double 	<ul style="list-style-type: none"> - Self Defense Blocks 1-14 w/ counters - Pushing Front Choke - Pushing Back Choke 	<ul style="list-style-type: none"> - Backfist-body punch - Body punch backlist - Pull Round w/ follow up - Pull Side w/ follow up - Slide/ Pull hooks - Side Stepping w/ counter - MORE PATIENCE 	<ul style="list-style-type: none"> - Chumo #1 (blue I) - Palgwe #5 (brown) - Chumo #2 (brown I)

Intermediate, Advance, & Black Belt Prep: Warm Up & Main Focus

WEEK	Monday		Tuesday		Wednesday		Thursday		Saturday	
A	Kicks	Kbox	Kicks	Kbox	Sparring	Forms	Sparring	Forms	SD	Kicks
B	Forms & Basics	SD	Forms & Basics	SD	Kbox	Kicks	Kbox	Kicks	Sparring	Forms
C	SD	Kicks	SD	Kicks	Sparring	Forms	Sparring	Forms	Kbox	SD
D	Kbox	Forms	Kbox	Forms	Sparring	SD	Sparring	SD	Sparring	Sparring
E	Kicks	SD	Kicks	SD	Sparring	Sparring	Sparring	Sparring	SD	Kbox