


Belt Level: Black Belt Prep	Footwork	Blocks	Stances	Kickboxing Defense
	<ul style="list-style-type: none"> <li>- Quarter Turns</li> <li>- Slide step, Same place step</li> <li>- Cross step, full step</li> <li>- Shuffle Step, side step</li> </ul>	<ul style="list-style-type: none"> <li>- Backwards modified knife hand</li> <li>- Downward block-high-block-knifehand attack</li> <li>- Knifehand middle to high block-palmstrike</li> </ul>	<ul style="list-style-type: none"> <li>-Fighting stance</li> <li>-ready position</li> <li>-kickboxing stance</li> <li>-Front stance</li> <li>-Back stance</li> </ul>	<ul style="list-style-type: none"> <li>- leg check</li> <li>- low side cover</li> <li>- Leg-buckle</li> </ul>
Kickboxing	Kicks	Self defense	Sparring techniques	Forms
<ul style="list-style-type: none"> <li>- 1,2,3,4 drill</li> <li>- Kbox Pattern #4</li> <li>- Defend Kbox Pattern #2</li> </ul>	<ul style="list-style-type: none"> <li>- Back: jump, long-step</li> <li>- Crescent: Pop-up outside, 360 inside</li> <li>- Hook: spin, pull</li> <li>- Axe: shuffle, pull</li> <li>- Wheel kick</li> </ul>	<ul style="list-style-type: none"> <li>- 2 hand lapel grab #1 (stationary)</li> <li>- 2 hand lapel grab #2 (pulling)</li> <li>- Self Defense Blocks 1-8 w/ elbow breaks</li> </ul>	<ul style="list-style-type: none"> <li>- Ridge hand</li> <li>- Backfist, body punch, ridge hand</li> <li>- Pull kick combos</li> <li>- Lateral movement with follow up</li> <li>- Timing</li> <li>- Distance</li> <li>- MORE PATIENCE</li> </ul>	<ul style="list-style-type: none"> <li>- Palgwe #6 (red)</li> <li>- Chumo 3 &amp; Palgwe #7(red I)</li> <li>- Chumo #4 &amp; Palgwe #8 (red/black)</li> </ul>

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

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