

Belt Level: Beginners	Footwork	Blocks	Stances	Strikes
	<ul style="list-style-type: none"> - Slide Step - Full Step - Half Step 	<ul style="list-style-type: none"> - Downward - Upward - Inward - Side Middle - Outward - Middle Punch - Knifehand Middle - Knifehand Attack 	<ul style="list-style-type: none"> -Fighting stance -ready position -kickboxing stance -Front stance -Back stance 	<ul style="list-style-type: none"> -Jab -Cross -font and back palm strike -front and back hammer fist -side elbow strike
	Kickboxing	Kicks	Self defense	Sparring techniques
<ul style="list-style-type: none"> - 1,2,3,4 drill - offset knees - Kbox Pattern #1 	<ul style="list-style-type: none"> - knee strike - Front kick: rear, slide - Roundhouse: rear, slide - Push kick: rear - Side: slide 	<ul style="list-style-type: none"> - Breakfall - Turtle Position - Ground Movement - Up & Straight Kick - D against Groin Kick - Swing Punch #1 - Swing Punch #2 	None	<ul style="list-style-type: none"> - half or Primetime Form (white) - Primetime (orange) - Palgwe 1 (gold)

Kickin' Cubs, Big Tigers, & Beginners Warm Up & Main Focus

WEEK	Warm Up	Monday Main Focus	Warm Up	Tuesday Main Focus	Warm Up	Wednesday Main Focus	Warm Up	Thursday Main Focus	Warm Up	Saturday Main Focus
A	Kicks	Basics	Kicks	Basics	SD	Kbox	SD	Kbox	Basics	Kicks
B	Kbox	Kicks	Kbox	Kicks	Kicks	Basics	Kicks	Basics	SD	Forms
C	Kbox	Forms	Kbox	Forms	Basics	Kicks	Basics	Kicks	Kicks	SD
D	Basics	SD	Basics	SD	Kbox	Forms	Kbox	Forms	SD	Kbox
E	Kicks	Kbox	Kicks	Kbox	Basics	SD	Basics	SD	Kbox	Forms