

Belt Level: Kickin' Cubs	Footwork	Blocks	Stances	Strikes
	-Bouncing w/ hands up -moving around w/ hands up	-Turtle -Wing -High -High X -Low X -Jump -Duck	-Fighting stance -ready position	-Jab -Cross -Back palm strike -back hammer fist
Kickboxing	Kicks	Self defense	Sparring techniques	Forms
- Jab/1 - Cross/2	-Knee Strike -front snap kick -football kick	Skill- being able to block and counter with a strike or kick	None	-Kicking Cub Form 1

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