


Belt Level: Intermediate	Footwork	Blocks	Stances	Strikes
	<ul style="list-style-type: none"> - Same Place Step - Cross Step - Spin Step 	<ul style="list-style-type: none"> - Double Middle - Double Down - High Punch - Knifehand Down - Spearhand Attack - G-Block 	<ul style="list-style-type: none"> -Fighting stance -ready position -kickboxing stance -Front stance -Back stance 	<ul style="list-style-type: none"> - Downward elbow - Spin backfist - Ridgehand
Kickboxing	Kicks	Self defense	Sparring techniques	Forms
<ul style="list-style-type: none"> - 1,2,3,4 drill - offset roundhouse - Kbox Pattern #2 	<ul style="list-style-type: none"> - Front: jump, pop-up, long-step - Roundhouse: jump, pop-up, long-step, pull - Side: rear, pull - Back Kick - Axe: rear - Push: front (teep) - Uprising: rear leg 	<ul style="list-style-type: none"> - Straight Punch #1 - Straight Punch #2 - Side Choke - Front Choke - Self Defense Blocks 1-8 w/ counters 	<ul style="list-style-type: none"> - Backfist - Body Punch - Pull Round - Pull Side - Side Stepping 	<ul style="list-style-type: none"> - Palgwe #2 (green) - Palgwe #3 (purple) - Palgwe #4 (blue)

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