

	Monday Experienced Juniors + All Adults 'A' Class	Tuesday Junior Beginners 'A' Class	Thursday Kickboxing All Students
Q2 W1 29 Mar – 5 Apr	Warm Up: Four Corners Intro to quarterly goals Training w/ limited space Start positions https://www.youtube.com/watch?v=GkHnmXwpMPo	Warm Up: Four Corners Basics – Start Positions Star Blocks – TKD style Striking Tools https://www.youtube.com/watch?v=Eu6zHvq3vws	Warm Up: 10 Rounds Core Kickboxing Techniques Priorities Combis – Hands Only Combis – Hands & Feet Virtual Pad Drills https://www.youtube.com/watch?v=Ts1cane8x0o
Q2 W2 6-13 Apr	Warm Up: 10x10 Introduction to Won Hyo Techniques / Combinations for Won Hyo Leg Streng Drills https://www.youtube.com/watch?v=1Sq4Bk6BPSU	Warm Up: 10x10 TKD Basics – Review start positions Striking Tools – Parts of e hand Patterns: Intro to Universal 2 https://www.youtube.com/watch?v=aHa6rXSdTdE	Warm Up: 7-minute workout Basic combis Kicking Drills Palms/Elbows/Knees https://www.youtube.com/watch?v=w_VVA1m8ZXU
Q2 W3 13-19 Apr	Warm Up: “Double Drop” Core: Stances / Reaction Counter Attacks Combinations for Won Hyo Leg Streng Drills https://www.youtube.com/watch?v=zn9UyW8QD3M	Warm Up: “Double Drop” Basics: Adding counter attacks Obverse / Reverse techniques Stance changes Punching Set Universal 3 https://www.youtube.com/watch?v=mevv1jGUM4U	Warm Up: 4 Rounds Basic combos Distancing – types of stepping Footwork / Kicking Virtual Pad Drills https://www.youtube.com/watch?v=XCXgyRfDfJ0
Q2 W4 20-26 Apr	Warm Up: Four Corners Basics: Striking Tools Twin & Double techniques Won Hyo – full pattern in limited space https://www.youtube.com/watch?v=0N4hjV1QDj8	Warm Up: Four Corners Basics: extending counters -> Combos Combos: Intro to combos for Q2 Patterns: Universal 3 https://www.youtube.com/watch?v=u1r8inFaou8	Warm Up: 10->1 Basic combos Movement Combos – Close range Footwork / Kicking https://www.youtube.com/watch?v=XCXgyRfDfJ0
Q2 W5 27 Apr – 3 May	Warm Up: 10x10 More striking tools Elbows Kicking Drills Leg Streng (multi-kick balance) https://www.youtube.com/watch?v=mpwCky6Fdrs	Warm Up: 10x10 Basics: Star Blocks – TKD Style Punching Set Patterns: Universal 2 Legs: Leg raises / Balance / Double Kicks / Leg Streng Combo https://www.youtube.com/watch?v=TsNqZFjC09Y	Warm Up: 10 Rounds Basic hand combos Self-defence combos Legs – switch step / kicks https://www.youtube.com/watch?v=wXxGv6zhX5U
Q2 W6 4 – 10 May	Warm Up: 10->1 DIY Drop Set Dynamics of Combinations Star Blocks / Punching Set Twin / Double Techniques Combinations for Won Hyo https://www.youtube.com/watch?v=qb4TFHVXGI0	Warm Up: 10->1 DIY Drop Set Basics: Twin/Double moves – exploring start positions Basic Kicks Combos: 3 combos for Q2 Your challenge: Make a combo and send it to me https://www.youtube.com/watch?v=L3eR-iBUtGk	Warm Up – Ten Rounds-revenge! Combos – Multi-strikes same hand Combos – Kicks/Stepping Linking combos – Set 2 (distancing) https://www.youtube.com/watch?v=oJ-1v3MwAXY

Q2 W7 11 – 17 May	Warm Up: Double Drop Basics: Rationale, why we do em Covering sections high/mid/low/in/out Won Hyo Advanced kick combos in place https://www.youtube.com/watch?v=Buj0FRMJzwc	Warm Up: Double Drop Basics: Different sections for blocks Kicks: Show distinct kicks Patterns: Universal 2 https://www.youtube.com/watch?v=Dn-6mBskjzc	Warm Up: 7 Min Workout Basic hand combis Kicks – Front/back leg combos Combis – Hand / feet Linking combos – Set 1 (Self def) https://www.youtube.com/watch?v=3HgfdJ93aos
Q2 W8 18 – 24 May	Warm Up: 4x4 Basics: Dynamic Techniques Exploring each start position Paired Techniques Dynamic Moves in Won Hyo Leg Streng https://www.youtube.com/watch?v=TZjvGZSHX9E	Warm Up: 4x4 Basics: Get some snap in your moves Paired techniques Patterns: Universal 2 (Dynamic moves) https://www.youtube.com/watch?v=0UtDdoI67oE	<ul style="list-style-type: none"> • Warm Up: 10 -> 1 • Footwork & Kicking • ai Style Elbows • Linking Combo Set 2 • Panantukan (Dirty Boxing) style combo https://www.youtube.com/watch?v=soj0sMjrk8s
Q2 W9 25 – 28 May	Warm Up: Four Corners Focus on 2-step sparring Basics for 2- step 2-step attack/defence combinations https://www.youtube.com/watch?v=430SU7uQOUC	Warm Up: Four Corners Blocking a pretend attack Striking - look for e gaps Combinations for Q2 https://www.youtube.com/watch?v=SNYN0D3abNk	Warm Up - 10 rounds (original) Hand combos (simple) Self Defence Palms & Elbows ai Style Elbows & Knees Basic Kick Combos (maintaining momentum) https://www.youtube.com/watch?v=N7-o6Pe6oCA
Q2 W10 29 May-			
Q2 W11			
Q2 W12			