

**Character Theme: Be Persistent**  
**Self Defense Theme: Know when to “go”**

# Class Plan April 2019

## Level 1 Class Plans

Monday, April 1, 2019 Lesson 6

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
Movement	Kick from Ground – Side
Focus Mitts or Heads (Punch Combos)	Kick from Ground – Round
	Getting Up

Wednesday, April 3, 2019 Lesson 5

Warmup /Review	Work – Ground
Review Rules, Character & Self Defense Theme	Ground Position – Back
Fight Stance	Movement - Back
Movement	Kick from Ground – Front
Focus Mitts or Heads (Punch Combos)	Getting Up

Thursday, April 4, 2019 Lesson 4

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick – Offensive to Vertical Target (Penetrate)
Movement	Front Kick – Defensive (Stop or Push)
Focus Mitts or Heads (Punch Combos)	

Saturday, April 6, 2019 All Levels Lesson 1 (Students work combatives in their level)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Punch Combinations on Focus Mitts or Heads
Fight Stance	- Drills w/ punching and footwork
Movement	
Focus Mitts or Heads (Punch Combos)	

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Monday, April 8, 2019 Lesson 3

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Fight Stance
Focus Mitts or Heads (Punch Combos)	- Advance from Fight Stance & Neutral

Wednesday, April 10, 2019 Lesson 2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Elbows #1 - #4
Movement	Knees
Focus Mitts or Heads (Punch Combos)	

Thursday, April 11, 2019 Lesson 1

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Palm Heel Strike
Movement	Eye Strike
Focus Mitts or Heads (Punch Combos)	Hammerfist – Side   Forward   Down

Saturday, April 13, 2019 All Levels Lesson 2 (Level 1)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Front Kick to Groin (Fight Stance, no advance)
Fight Stance	Front Kick – Offensive to Vertical Target (Penetrate)
Movement	Front Kick – Defensive (Stop or Push)
Focus Mitts or Heads (Punch Combos)	

Monday, April 15, 2019 Lesson 2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Elbows #1 - #4
Movement	Knees
Focus Mitts or Heads (Punch Combos)	

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Wednesday, April 17, 2019 Lesson 3

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Fight Stance
Focus Mitts or Heads (Punch Combos)	- Advance from Fight Stance & Neutral

Thursday, April 18, 2019 Lesson 4

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick – Offensive to Vertical Target (Penetrate)
Movement	Front Kick – Defensive (Stop or Push)
Focus Mitts or Heads (Punch Combos)	

Saturday, April 20, 2019 All Levels Lesson 3 (Level 1)

Warmup /Review	Work – Self Defense
Review Rules, Character & Self Defense Theme	Chokes – All Rotational (On Tripods)
Fight Stance	- Front
Movement	- Back
Focus Mitts or Heads (Punch Combos)	- Side

Monday, April 22, 2019 Lesson 5

Warmup /Review	Work – Ground
Review Rules, Character & Self Defense Theme	Ground Position – Back
Fight Stance	Movement - Back
Movement	Kick from Ground – Front
Focus Mitts or Heads (Punch Combos)	Getting Up

Wednesday, April 24, 2019 Lesson 6

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
Movement	Kick from Ground – Side
Focus Mitts or Heads (Punch Combos)	Kick from Ground – Round
	Getting Up

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Thursday, April 25, 2019 Lesson 7

Warmup /Review	Work – Self Defense
Review Rules, Character & Self Defense Theme	Chokes – All Rotational (On Tripods)
Fight Stance	- Front
Movement	- Back
Focus Mitts or Heads (Punch Combos)	- Side

Saturday, April 27, 2019 All Levels Lesson 4 (Level 1)

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
Movement	Kick from Ground – Side
Focus Mitts or Heads (Punch Combos)	Kick from Ground – Round
	Getting Up

Monday, April 29, 2019 Lesson 8

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Punch Combinations on Focus Mitts or Heads
Fight Stance	- Drills w/ punching and footwork
Movement	
Focus Mitts or Heads (Punch Combos)	