

Character Theme: Be Persistent

Self Defense Theme: Know when to “go”

Class Plan April 2019

Level 2/3 Class Plans

Monday, April 1, 2019 Lesson 12 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts – Combinations	- Headlock while Mounted
- Curriculum Combos	- Elbow Escape
- Student personal combos	

Tuesday, April 2, 2019 Lesson 9 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations (10 minutes)	Choke from Side on Ground
- Curriculum Combos	- Arm Bar
- Student personal combos	- Kicking (caged head gear of kicking)
	Headlock from the Side
	Stacking Escape from the Guard

Thursday, April 4, 2019 Lesson 13 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Top Position
Focus Mitts – Combinations	- Striking
- Curriculum Combos	- Stand up to Escape
- Student personal combos	Guard – Bottom Position
	- Kick off from Guard (use caged head gear)
	- Foot Grab (Stripping)
	- Foot Grab (Spinning Outward – Round Kick)
	- Foot Grab (Spinning Inward – Heel Kick)

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 Spar Day #1

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	
Focus Mitts (Punch Combos)	

Tuesday, April 9, 2019 Lesson 8 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Kick Defenses
Focus Mitts – Combinations (10 minutes)	Reflexive Defense Against Front Kick (vs rising kick)
- Curriculum Combos	Outside Stabbing Defense Against F/K (vs rising)
- Student personal combos	Plucking Defense (vs stomping kick)
	Inside Defense against High F/K (vs stomping)
	Defense Against F/K – Stop Kick (vs rising kick)
	Defense Against F/K – Redirecting w/ shin (vs rising)

Thursday, April 11, 2019 Lesson 12 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts – Combinations	- Headlock while Mounted
- Curriculum Combos	- Elbow Escape
- Student personal combos	

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)	

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Monday, April 15, 2019 Lesson 7 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bearhug w/ Lifting
Focus Mitts – Combinations	- Behind
- Curriculum Combos	- Front
- Student personal combos	Reverse Headlock

Tuesday, April 16, 2019 Lesson 11 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts – Combinations	- Bucking
- Curriculum Combos	- Trap and Roll
- Student personal combos	Choke w/ Attacker in Mount
	Mount – Top Position
	- Maintaining Mount
	- Striking
	- Trap Opponent’s arms to Chest/ Pop up & Out

Thursday, April 18, 2019 Lesson 6 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hair Grab
Focus Mitts – Combinations	- Front w/ and w/o impending knee
- Curriculum Combos	- Side w/ and w/o impending knee
- Student personal 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

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Monday, April 22, 2019 Lesson 5 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Defense vs Hook Punch (Extended & Covering)
Focus Mitts - Combinations	Defense vs Uppercut Punch
- Curriculum Combos	Outside Defenses (#1 - #4) w/ Counters
- Student personal combos	

Tuesday, April 23, 2019 Lesson 10 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Head Lock from Behind
Focus Mitts – Combinations	- Bar Arm
- Curriculum Combos	- Carotid
- Student personal combos	

Thursday, April 25, 2019 Spar Day #2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	
Focus Mitts (Punch Combos)	

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 4 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Inside Defenses (S/P & Low S/P w/ Counters
Focus Mitts – Combinations	- Counter vs Left Punch
- Curriculum Combos	- Counter vs Left Punch w/ Left Hand
- Student personal combos	- Counter vs Right Punch (2 Counters)
	- Counter vs Right Punch (1 Counter)

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