

Character Theme: Be Positive
Self Defense Theme: Stay Calm

Class Plan May 2019

Level 1 Class Plans

Wednesday, May 1, 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

Thursday, May 2, 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

Saturday, May 4, 2019 All Levels Lesson 5 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Bear Hug Front
Fight Stance	- Arms Free
Movement	- Arms Caught w/ Space
Focus Mitts or Heads (Punch Combos)	- Arms Caught w/o Space

Monday, May 6, 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

Character Theme: Be Positive
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Wednesday, May 8, 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)	

Thursday, May 9, 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

Saturday, May 11, 2019 All Levels Lesson 6 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Bear Hug Behind
Fight Stance	- Arms Free
Movement	- Arms Caught w/ Space
Focus Mitts or Heads (Punch Combos)	- Arms Caught w/o Space

Monday, May 13, 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)	

Wednesday, May 15, 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

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Thursday, May 16, 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)	

Saturday, May 18, 2019 All Levels Lesson 7 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Head Lock from Behind
Fight Stance	- Bar Arm
Movement	- Carotid
Focus Mitts or Heads (Punch Combos)	

Monday, May 20, 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, May 22, 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)	

Thursday, May 23, 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

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Saturday, May 25, 2019 All Levels Lesson 8 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Hair Grab
Fight Stance	- Front w/ and w/o impending knee
Movement	- Side w/ and w/o impending knee
Focus Mitts or Heads (Punch Combos)	

Monday, May 27, 2019, ***MEMORIAL DAY – NO CLASS***

10 Minutes in Mirror	Fight Stance, Movement, and Straight Punches
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Wednesday, May 29, 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

Thursday, May 30, 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