

**Character Theme: Be Positive**  
**Self Defense Theme: Stay Calm**

# Class Plan May 2019

## Level 2/3 Class Plans

Thursday, May 2, 2019 Lesson 9

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Behind
Focus Mitts – Combinations	- Arms Free
- Curriculum Combos	- Arms Caught w/ Space
- Student personal combos	- Arms Caught w/o Space

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 8

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Front
Focus Mitts – Combinations	- Arms Free
- Curriculum Combos	- Arms Caught w/ Space
- Student personal combos	- Arms Caught w/o Space

Tuesday, May 7, 2019 Lesson 7

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Choke against Wall
Focus Mitts – Combinations	- Front
- Curriculum Combos	- Behind
- Student personal combos	

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Thursday, May 9, 2019 Lesson 6

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

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 \*\*\*SPAR DAY\*\*\*

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	

Tuesday, May 14, 2019 Lesson 5

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	360s (#1 - #7) w/ Counters
Focus Mitts - Combinations	Wrist Releases (1,2,3 attackers)
- Curriculum Combos	
- Student personal combos	

Thursday, May 16, 2019 Lesson 4

Warmup /Review	Work – Thai Pads
Review Rules, Character & Self-Defense Theme	Punch Kick Combinations
Focus Mitts - Combinations	Wrist Releases (1,2,3 attackers)
- Curriculum Combos	
- Student personal combos	

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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 – Focus Mitts
Review Rules, Character & Self-Defense Theme	Combinations
Focus Mitts – Combinations	Left Jab/Right Cross/Left Hook
- Curriculum Combos	Left Jab/Right Cross/Left Hook/Right Upper Cut
- Student personal combos	Left Jab/Right Cross/Bob Right/Right Cross
	Left Jab/Right Elbow
	Left Jab/Right Cross/Left Hook/Right Elbow
	Right Uppercut/Left Hook/Right Cross

Tuesday, May 21, 2019 Lesson 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hook Punch
Focus Mitts - Combinations	Upper Cut Punch
- Curriculum Combos	Combinations
- Student personal combos	

Thursday, May 23, 2019 Lesson 1

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bobbing and Weaving
Focus Mitts - Combinations	Covering
- Curriculum Combos	Shadow Boxing
- Student personal combos	Fall Break – Forward, Back, and Side (High and Low)
	Roll (Forward and Backward)
	Roll w/ Fall Break (Forward Roll, Back Fall Break)

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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	Shadow Boxing. Heavy practice on Jab/Hook
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Tuesday, May 28, 2019 Lesson 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hook Punch
Focus Mitts - Combinations	Upper Cut Punch
- Curriculum Combos	Combinations
- Student personal combos	

Thursday, May 30, 2019 \*\*\*SPAR DAY\*\*\*

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	