

Character Theme: Be Confident
Self Defense Theme: Trust your Training

Class Plan June 2019

Level 1 Class Plans

Saturday, June 1, 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, June 3, 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)	

Wednesday, June 5, 2019, Lesson 7

Warmup /Review	Work – Self Defense
Review Rules, Character & Self Defense Theme	Chokes – All Rotational (On Tripods or Person*)
Fight Stance	- Front
Movement	- Back
Focus Mitts or Heads (Punch Combos)	- Side
	*Use good judgment based on individual skill set

Thursday, June 6, 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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Saturday, June 8, 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, June 10, 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, June 12, 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, June 13, 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, June 15, 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

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Monday, June 17, 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, June 19, 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

Thursday, June 20, 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, June 22, 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, June 24, 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

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Wednesday, June 26, 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, June 27, 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

Saturday, June 29, 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