

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

Class Plan June 2019

Level 2/3 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 9

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Behind
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Arms Free
	- Arms Caught w/ Space
	- Arms Caught w/o Space

Tuesday, June 4, 2019, Lesson 8

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Front
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Arms Free
	- Arms Caught w/ Space
	- Arms Caught w/o Space

Thursday, June 6, 2019, Lesson 7

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Choke against Wall
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Front
	- Behind

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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, ***SPAR DAY***

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

Tuesday, June 11, 2019, Lesson 6

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Choke w/ Push
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Front
	- Behind

Thursday, June 13, 2019, Lesson 5

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	360s (#1 - #7) w/ Counters
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Wrist Releases (1,2,3 attackers)

Saturday, June 15, 2019, 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 4

Warmup /Review	Work – Thai Pads
Review Rules, Character & Self-Defense Theme	Punch Kick Combinations
Review Kicks	- With kicks listed in warmup
- F/K to Groin (Regular & Adv)	
- Offensive & Defensive Front Kick	

Tuesday, June 18, 2019, Lesson 3

Warmup /Review	Work – Focus Mitts
Review Rules, Character & Self-Defense Theme	Combinations
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Left Jab/Right Cross/Left Hook
	Left Jab/Right Cross/Left Hook/Right Upper Cut
	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

Thursday, June 20, 2019, Lesson 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hook Punch
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Upper Cut Punch
	Combinations

Saturday, June 22, 2019, 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

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Monday, June 24, 2019, Lesson 1

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bobbing and Weaving
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Covering
	Shadow Boxing
	Fall Break – Forward, Back, and Side (High and Low)
	Roll (Forward and Backward)
	Roll w/ Fall Break (Forward Roll, Back Fall Break)

Tuesday, June 25, 2019, June 24, 2019, Lesson 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hook Punch
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Upper Cut Punch
REVIEW MONDAY – FALL BREAKS, ROLLS	Combinations

Thursday, June 27, 2019, ***SPAR DAY***

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

Saturday, June 29, 2019, 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