

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Class Plans September 2019

Level 1 Class Plans

Monday, September 2, 2019

HOLIDAY – NO CLASS. Practice Fight Stance, Movement, and Straight Punches - 5 minutes

Wednesday, September 4, 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	Choke Review – Instructor Choice

Thursday, September 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
	- Side
	*Use good judgment based on individual skill set

Saturday, September 7, 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

Monday, September 9, 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
	Kick from Ground – Round
	Getting Up

Wednesday, September 11, 2019, Lesson 5

Warmup /Review	Work – Ground
Review Rules, Character & Self Defense Theme	Ground Position – Back

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Fight Stance	Movement - Back
Movement	Kick from Ground – Front
	Getting Up

Thursday, September 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)

Saturday, September 14, 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
	- Arms Caught w/o Space

Monday, September 16, 2019, Lesson 3

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Fight Stance
	- Advance from Fight Stance & Neutral

Wednesday, September 18, 2019, Lesson 2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Elbows #1 - #4
Movement	Knees

Thursday, September 19, 2019, Lesson 1

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Palm Heel Strike
Movement	Eye Strike

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	Hammerfist – Side Forward Down

Saturday, September 21, 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
	- Arms Caught w/o Space

Monday, September 23, 2019, Lesson 2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Elbows #1 - #4
Movement	Knees

Wednesday, September 25, 2019, Lesson 3

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Fight Stance
	- Advance from Fight Stance & Neutral

Thursday, September 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)

Saturday, September 28, 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
	Kick from Ground – Round
	Getting Up

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Monday, September 30, 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
	Getting Up