

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Class Plan September 2019

Level 2/3 Class Plans – DOUBLE MAT

Split the class by level and work curriculum for each level as long as there are 2 students in the level

Monday, September 2, 2019

*****HOLIDAY – NO CLASS. Shadow Boxing 5 – 1 minute rounds.*****

Tuesday, September 3, 2019

Lesson 12 – Level 2

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Headlock while Mounted
	- Elbow Escape

Lesson 12 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations	Headlock from the Side
- Curriculum Combos	Stacking Escape from the Guard
- Student personal combos	

Thursday, September 5, 2019

Lesson 11 – Level 2

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Bucking
	- Trap and Roll
	Choke w/ Attacker in Mount
	Mount – Top Position
	- Maintaining Mount
	- Striking
	- Trap Opponent's arms to Chest/ Pop up & Out

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Lesson 11 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations	Choke from Side on Ground
- Curriculum Combos	- Arm Bar
	- Kicking (caged head gear of kicking)

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, ***SPAR DAY***

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	2 nd Monday and 4 th Thursday of the Month
Movement	Brown or Black Belt Instructor
Shadow Boxing	

Tuesday, September 10, 2019

Lesson 10 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Head Lock from Behind
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Bar Arm
	- Carotid
	Headlock from the Side

Lesson 10 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Kick Defenses
Thai Pads – Punch/Kick Combinations	Inside Defense against High F/K (vs stomping)
	Defense Against F/K – Stop Kick (vs rising kick)
	Defense Against F/K – Redirecting w/ shin (vs rising)

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Thursday, September 12, 2019

Lesson 9 – Level 2

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

Lesson 9 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Kick Defenses
Thai Pads – Punch/Kick Combinations	Reflexive Defense Against Front Kick (vs rising kick)
	Outside Stabbing Defense Against F/K (vs rising)
	Plucking Defense (vs stomping kick)

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 8 – Level 2

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

Lesson 8 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bearhug w/ Lifting
Focus Mitts – Combinations	- Behind
- Curriculum Combos	- Front
	Reverse Headlock

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Tuesday, September 17, 2019

Lesson 7 – Level 2

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

Lesson 7 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hair Grab
Focus Mitts – Combinations	- Front w/ and w/o impending knee
- Curriculum Combos	- Side w/ and w/o impending knee

Thursday, September 19, 2019

Lesson 6 – Level 2

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

Lesson 6 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Defense vs Hook Punch (Extended & Covering)
Focus Mitts - Combinations	Defense vs Uppercut Punch
- Curriculum Combos	Outside Defenses (#1 - #4) w/ Counters

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

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Monday, September 23, 2019

Lesson 5 – Level 2

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)

Lesson 5 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Inside Defenses (Straight Punch & Low Straight Punch w/ Counters
Focus Mitts – Combinations	- Counter vs Right Punch (2 Counters)
- Curriculum Combos	- Counter vs Right Punch (1 Counter)

Tuesday, September 24, 2019

Lesson 4 – Level 2

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	

Lesson 4 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Inside Defenses (Straight Punch & Low Straight Punch w/ Counters
Focus Mitts – Combinations	- Counter vs Left Punch
- Curriculum Combos	- Counter vs Left Punch w/ Left Hand

Thursday, September 26, 2019, ***SPAR DAY***

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	2 nd Monday and 4 th Thursday of the Month
Movement	Brown or Black Belt Instructor
Shadow Boxing	

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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

Monday, September 30, 2019

Lesson 3 – Level 2

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

Lesson 3 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Take Down Defenses
Focus Mitts – Combinations	— Whizzer — Against Knee
- Curriculum Combos	- Sprawl
	- Advanced Sprawl