

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Class Plans March 2020

Level 1 Class Plans

Monday, March 2, Lesson 2

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

Wednesday, March 4, 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 and neutral

Thursday, March 5, 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)

Saturday, March 7, All Levels Lesson 3 (Level 1)

Warmup/Review	Work- Self Defense
Review Rules, Character & Self Defense Theme	Chokes- All rotational (on tripods)
Fight Stance	-front
Movement	-back
	-side

Monday, March 9, 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

Wednesday, March 11, Lesson 6

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
	Kick from Ground – Side
Movement	Kick from Ground – Round Getting Up

Thursday, March 12, Lesson 7

Warmup/Review	Work- Self Defense
Review Rules, Character & Self Defense Theme	Chokes- All rotational (on tripods)
Fight Stance	-front
Movement	-back
	-side

Saturday, March 14, All Levels, Lesson 4 (Level 1)

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
	Kick from Ground – Side
Movement	Kick from Ground – Round Getting Up

Monday, March 16, Lesson 8

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Punch Combinations on Focus Mitts or heads
Fight Stance	- Drills with punching and footwork
Movement	- Kick/punch combinations
	- Choke Review-instructors choice

Wednesday, March 18, Lesson 1

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

Thursday, March 19, Lesson 2

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

Saturday, March 21, All Levels, Lesson 5 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Bear Hug Front
Fight Stance	<ul style="list-style-type: none"> ● Arms Free
Movement	<ul style="list-style-type: none"> ● Arms Caught w/ space
	<ul style="list-style-type: none"> ● Arms Caught w/o space

Monday, March 23, 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 and neutral

Wednesday, March 25 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)

Thursday, March 26,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

Saturday, March 28, 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, March 30, Lesson 6

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

Fight Stance	Movement – Side
	Kick from Ground – Side
Movement	Kick from Ground – Round Getting Up