



# Lee's Martial Arts

## February 2012 Schedule

Monthly Theme: Respect

존경

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 High Forms Focus	2 TKD - High forms focus  HKD - Review	3 Basics - Stances	4 Test Preparation
5 TKD - Review  HKD - Falls and Throws	6 TKD - Forms/One Steps HKD - Takes Downs	7 Review for Test	8 Review for Test	9 Review for Test	10 Review for Test	11 Promotion Test Day!! 10am
12 TKD - Review  HKD - Ground Defense	13 TKD - Test Review Makeup Test - 545pm	14 Test Review and New Forms	15 Advanced Kicks	16 TKD - New Forms  HKD - Defense	17 Perfecting Forms	18 TKD - Stances  HKD - Grappling
19 TKD - Basics  HKD - Ground Escapes	20 TKD - Etiquette  HKD - Sweeps	21 TKD - Roll outs and Spin Kicks HKD - Kicks	21 TKD - Forms and one steps	23 TKD - Roll and Falls/Defense  HKD - Reaps	24 Basics - Turns  Women's Self Defense - 6pm	25 TKD - YES SIRs!!! HKD - Takedown Defense
26 TKD - Sparring  HKD - Kick Defense	27 TKD - Hitting your target  HKD - Elbow control	28 TKD - Jump Drills and Kicks  HKD - Breath	29 Form Applications in punch defense			