



Lee's Martial Arts TKD

July 2017 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Roll-outs; falls
2	3 Closed	4 Closed	5 Proper Kicks Chamber/ rechamber	6 Breaking techniques: strike; don't push	7 Forms; One- steps	8 proper striking: use both hands push/pull
9	10 stances/front, back, horse	11 Forms; one- steps	12 Striking speed	13 Kicking speed	14 Forms; One- steps	15 TKD defense against grabs
16	17 Techniques from horse stance	18 blocks	19 Partner drills with pads	20 Kick height; no lower than belt	21 Forms; One- steps	22 Kick/strike assessment for life application
23 _____ 30	24 Chasing down opponent with kicks/ strikes _____ 31 jump kicks	25 Balance drills	26 Block/strike/ Kick combo	27 Jump kicks	28 Forms; One- steps	29 Workout station drills timed