



# Lee's Martial Arts TKD

## May 2021 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 <b>Memorial Day</b>					1 <b>Forms and Sparring Combos</b>
2	3 <b>Forms/one-steps</b>	4 <b>Review strikes/blocks</b>	5 <b>Techniques for Power</b>	6 <b>Review kicks/Stances</b>	7 <b>Forms; One-steps</b>	8 <b>Footwork</b>
9	10 <b>Moving Kicks and Strikes</b>	11 <b>Moving Kicks and Strikes</b>	12 <b>Lead leg kicks</b>	13 <b>Stances</b>	14 <b>Forms; One-steps</b>	15 <b>Defense if knocked to the ground</b>
16	17 <b>Strikes moving forward</b>	18 <b>Roundhouse chamber/re-chamber/ foot and hand placement</b>	19 <b>Blocks/ deflection and strike</b>	20 <b>Kick combos Balance drills</b>	21 <b>Forms; One-steps</b>	22 <b>Multiple attackers</b>
23	24 <b>Partner drills</b>	25 <b>Hand position in strikes and kicks</b>	26 <b>Foot position in strikes and kicks</b>	27 <b>Speed drills</b>	28 <b>Forms; One-steps</b>	29 <b>Close quarter defense</b>