



Lee's Martial Arts TKD September 2022 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Forms and one steps	2 Forms and one steps	3 Strike; kick defense
4	5 Labor Day Closed	6 Moving Kicks and Strikes	7 Moving Kicks and Strikes	8 Moving Kicks and Strikes	9 Forms and one steps	10 Review
11	12 Sparring Drills	13 Forms and One Steps	14 Forms Focus	15 Forms Focus	16 Forms and one steps	17 Ground Defense
18	19 Kicks and Strikes	20 Kicks and Strikes	21 Bag Drills	22 Bag Drills	23 Forms and one steps	24 Sparring Drills
25	26 Line drills; techniques while moving	27 Balance Drills	28 Strike; kick defense	29 Balance drills and Monthly review	30 Forms and one steps	