

Kicking focused class

A – Snapping Kicks = Front, Turning, Twist, Front Hook

B – Raising/ Crescent Kicks = Axe, Inner, Outer

C – Thrusting Kicks = Pushing, Side, Back

D – Spinning/ Whipping Kicks = Spinning Inner, Tornado, Spinning Hook

E – Jumping Kicks = Front, Turning, Side, Spinning Hook

F – Attacking Combination Kicks

G – Counter Combination Kicks

H – Freestyle Kicking Combinations

I – Multidirectional/ Aerial Kicks

Week 1 Kicking – ABF

Week 2 Kicking – ACF

Week 3 Kicking - BDG

Week 4 Kicking – ADE

Week 5 Kicking – ABH

Week 6 Kicking – ACH

Week 8 Kicking – BDH

Week 9 Kicking – AEI

Week 10 Kicking – BDI

Week 11 Kicking - CDI

Week 12 Kicking - DEI

## Grading Focused Class

A – Stances = Together, Ready, Horse, Front, Long, Back, Tiger, Crane, Cross

B – Punching Techniques

C – Striking Techniques

D – Blocking Techniques

E – Kicking Techniques

F – Joint Locks

G – Break Falling

H – Application of Techniques (1 Step Sparring)

I – Poomsae

Week 1 Grading – ABE

Week 2 Grading – ACE

Week 3 Grading - ADE

Week 4 Grading – GFE

Week 5 Grading – EHI

Week 6 Grading – BHI

Week 8 Grading – CHI

Week 9 Grading – DHI

Week 10 Grading – EHI

Week 11 Grading - FHI

Week 12 Grading – Belt Promotion Mock Test

Final date of test to be scheduled on a different date, entry to final test based on students performance in mock test.

Each class will have approximately 10 to 15 minutes dedicated to Warm up (loosening up, Stretching, mild strength exercises)

Ideal day of session

Monday 7pm for kicking class 1 hour.

8pm for grading class 1 hour

Thursday is secondary choice same times as above.

Saturday third choice slightly earlier time of

5pm first class and 6pm second class.

Kicking class is appropriate for anyone to get a workout and learn kicking skills.

Grading class is appropriate for people who want to learn Taekwondo and obtain belts for personal growth or for industry requirements such as BSR.

Ideally doing both classes back to back would give the best overall experience and all rounded development for Taekwondo.