

## Training Schedule

<b>Week 1</b>	One Step Sparring (1st half)
	Punching Mitt Routine
	Board Breaking

<b>Week 2</b>	Self Defence (1st half)
	Kicking (all)

<b>Week 3</b>	Poomse (1st half)
	Blocking (all)

<b>Week 4</b>	One Step Sparring (2nd half)
	Punching Mitt Routine
	Board Breaking

<b>Week 5</b>	Self Defence (review 1st half learn 2nd half)
	Kicking (all)

<b>Week 6</b>	Poomse (review 1st half learn 2nd half)
	Blocking (all)

<b>Week 7</b>	One Step Sparring (review all)
	Punching Mitt Routine
	Board Breaking

<b>Week 8</b>	Self Defence (review all)
	Kicking (all)



<b>Week 9</b>	Poomse (review all)
	Blocking (all)

<b>Week 10</b>	Bonus Review Week
----------------	-------------------

### Grading Cut Off

<b>Week 11</b>	Poomse (all)
	Self Defence (all)
	Bonus Practice

### Grading

<b>CURRICULUM DESIGN</b>	<table border="0"> <tr><td style="width: 20px; height: 15px; background-color: gray;"></td><td>Sparring - One stripe required (Blue 3 stripe+ must attend a sparring class)</td></tr> <tr><td style="width: 20px; height: 15px; background-color: cyan;"></td><td>Punching Mitt - One stripe required</td></tr> <tr><td style="width: 20px; height: 15px; background-color: red;"></td><td>Kicking - One stripe required</td></tr> <tr><td style="width: 20px; height: 15px; background-color: orange;"></td><td>Blocking - One stripe required</td></tr> <tr><td style="width: 20px; height: 15px; background-color: black;"></td><td>Board Breaking - One stripe required (Blue 3+ only)</td></tr> <tr><td style="width: 20px; height: 15px; background-color: brown;"></td><td>One Step Sparring - Two stripes required (Blue 2+ only)</td></tr> <tr><td style="width: 20px; height: 15px; background-color: purple;"></td><td>Poomse - Two stripes required + Review</td></tr> <tr><td style="width: 20px; height: 15px; background-color: green;"></td><td>Self Defence - Two stripes required + Review</td></tr> <tr><td style="width: 20px; height: 15px; background-color: magenta;"></td><td>Review - Ready to grade</td></tr> </table>		Sparring - One stripe required (Blue 3 stripe+ must attend a sparring class)		Punching Mitt - One stripe required		Kicking - One stripe required		Blocking - One stripe required		Board Breaking - One stripe required (Blue 3+ only)		One Step Sparring - Two stripes required (Blue 2+ only)		Poomse - Two stripes required + Review		Self Defence - Two stripes required + Review		Review - Ready to grade	
	Sparring - One stripe required (Blue 3 stripe+ must attend a sparring class)																			
	Punching Mitt - One stripe required																			
	Kicking - One stripe required																			
	Blocking - One stripe required																			
	Board Breaking - One stripe required (Blue 3+ only)																			
	One Step Sparring - Two stripes required (Blue 2+ only)																			
	Poomse - Two stripes required + Review																			
	Self Defence - Two stripes required + Review																			
	Review - Ready to grade																			
 <b>INSTRUCTOR DREAM TEAM</b>																				

Training Tip: Do your very best to get to the first class of the week and get your technical stripe

Come to the next session that week to raise your skill level even further

Come to Saturday Bonus class to practice what you have already learnt that week and aim for Best Grading