

Youth Program

Week		Warm-Up / Drill Time	Curriculum Focus	Level 1s BBC	Level 2s BBC	Level 3s BBC	
20-May	26-May	Pull Rope / Throw the Ball	Technique #1 + Short 1 / Tech Form 1 / Long 1A	Lil Tiger	Lil Tiger / Base Sinawalli		WK1
27-May	2-Jun	Breakfalls	Technique #2 + Level Appropriate Universal Form	Sinawalli	Bo Kata's		WK2
3-Jun	9-Jun	Sparing Combos	Review Techniques #1 & #2 + Kicking Set	Lil Tiger	Lil Tiger with Sticks		WK3
10-Jun	16-Jun	Wrist Releases	Technique #3 + Basic Ukemi	Sinawalli	Sinawalli / Ogoshi		WK4
17-Jun	23-Jun	Ukemi Set	Technique #4 + Short 1 / Tech Form 1 / Long 1A	Locking Horns	locking Horns		WK5
24-Jun	30-Jun	Sparing / Concepts	Review Techniques #3-#4 + Level 3 Form	Lil Tiger / Sinawalli	Lil Tiger / Bo Katas		WK6
1-Jul	7-Jul	Basics (Blocking/Power/Stance/Kicking Sets)	Review Techniques #1-#4 + All Forms	Locking Horns	Locking Horns	Ogoshi	WK6
8-Jul	14-Jul	Pretest Basics	Progress Check Week All Techniques/Level Appropriate Forms/Sets	Sinawalli	Bo Kata / Ogoshi		WK7
15-Jul	21-Jul	Testing Week					WK8

Class Time Breakout	
5 Mins	Intro/Cards/Warm Ups
10 Mins	Drill Time
20 mins	Curriculum Focus Time
5 Mins	Wrap up/Mat Chat/Game/Announcement
10 Mins	BBC Time Slot

Jr Black Program

Week		Warm-Up / Drill Time	Curriculum Focus	Level 1s BBC	Level 2s BBC	Level 3s BBC	
20-May	26-May	Sparrring Concept Drills	Techniques #1-2 and Level appropriate sets		Review progressive guard		WK1
27-May	2-Jun	Freestyle combinations	Techniques #3-4 and review of basic sets		O-Goshi Reverse hip throw		WK2
3-Jun	9-Jun	Concept Drill	Review techniques 1-4 and Fundamentals list		Sho Bo and Ni bo		WK3
10-Jun	16-Jun	Sparrring concept drills.	Techniques 5-6-7 and run through of Forms.		progressive guard		WK4
17-Jun	23-Jun	Freestyle combinations	Introduction of the cycle form		O-Goshi Reverse hip throw		WK5
24-Jun	30-Jun	Concept Drill	Review cycle form and set for the cycle		Sho Bo and Ni bo		WK6
1-Jul	7-Jul	Sparrring concept drills	Review techniques 1-7 and fundamentals list		progressive guard		WK6
8-Jul	14-Jul	Freestyle combinations	Progress check week. All techniques, sets, and forms		Review all BBC curriculum		WK7
15-Jul	21-Jul	Testing Week					WK8

Class Time Breakout	
10 Mins	Warm Ups, Foot Work Review
10 Mins	Drill Time
30/35 Mins	Curriculum Focus Time
10/15 Mins	BBC Time Slot

Adult Program

Week		Warm-Up / Drill Time	Curriculum Focus (Basic Students)	BBC Time Slot			
20-May	26-May	Breakfalls/Ukeme	Technique #1, Technique #2, Set Introduction (Traditional Form 1)	BO strikes/defenses	Sho Bo	Ni Bo	WK1
27-May	2-Jun	Sparrring	Technique #3, Technique #4	BO strikes/defenses	Sho Bo	Ni Bo	WK2
3-Jun	9-Jun	Progressive Guard	Review Techniques #1-#4, Set Review, Short/Long Review	Technique #6			WK3
10-Jun	16-Jun	Progressive Guard	Technique #5, Specialty Kicks (Muay Thai Knees, Cross Over Kicks)	Technique #7			WK4
17-Jun	23-Jun	Sparrring	Set Review, Short/Long Focus	BO strikes/defenses	Sho Bo	Ni Bo	WK5
24-Jun	30-Jun	Breakfalls/Ukeme	Animal Form	Technique #6,#7 Review			WK5
1-Jul	7-Jul	Progressive Guard	Review Techniques #1-#5 (6-7 BBC) + Form, Set Review, Short/Long Review	BO strikes/defenses	Sho Bo	Ni Bo	WK6
8-Jul	14-Jul	Sparrring	Progress check week. All techniques, sets, and forms	BO strikes/defenses	Sho Bo	Ni Bo	WK7
15-Jul	21-Jul	Testing Week					WK8

Class Time Breakout	
10 Mins	Warm Ups, Foot Work Review
10 Mins	Drill Time
30/35 Mins	Curriculum Focus Time
10/15 Mins	BBC Time Slot