

Youth Program

Week		Warm-Up / Drill Time	Curriculum Focus	Level 1s BBC	Level 2s BBC	Level 3s BBC		
25-Mar	31-Mar	Basics/Sets (Kicking Set/Line)	Technique #1 + Level Appropriate Set (Lvl 2,3 Finger Set) , Short/Long Forms, Technique Form	Single Stick 1-4		Single Stick Cinco Terros	WK1	
1-Apr	7-Apr	Basics/Sets (Stance Set)	Technique #2 + Level Appropriate Universal Form	XMA Combo 1		Finger Set	WK2	
8-Apr	14-Apr	Sparring / Combos	Review Techniques #1 & #2 + Fundamental Techniques, (Lvl 2,3 Finger Set)	7-7-Turn 3		7-7-Turn 3	WK3	
15-Apr	21-Apr	Basics/Sets (Power/Blocking Set)	Technique #3 + Level Appropriate Form: Short/Long Forms, Technique Form	Cinco Terros XMA Combo 1		XMA Form 1	WK4	
22-Apr	28-Apr	Basics/Sets (Kicking Set/Line)	Technique #4 + Level Appropriate Universal Form Level 3's start Dragon Form	7-7-Turn 3 Cinco Terros		Bo Katas Strikes/Defenses	WK5	
29-Apr	5-May	Sparring / Combos	Review Techniques #1-#4 + Level 3's: Dragon Form	#1 Line Defense		#1 Line Inside/Outside Defense	WK6	
6-May	12-May	Basics (Blocking/Power/Stance/Kicking Sets)	Progress Check Week All Techniques/Level Appropriate Forms/Sets	Cinco Terros, 7-7-Turn 3, #1 Line Defense, XMA Combo 1		Bo Katas Finger Set XMA Form 1	WK7	
13-May	19-May	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		
25-Mar	31-Mar	Free Style Kick	Technique #1 & #2, Finger Set			Sinawali Drills	WK1	
1-Apr	7-Apr	Sparring / Combos	Technique #3 & #4, Power Set, Blocking Set			Finger Set	WK2	
8-Apr	14-Apr	Concept Drills	Review Techniques #1 - #4, Set Reviews, Short/Long Forms			Ipon Seonage	WK3	
15-Apr	21-Apr	Free Style Kick	Technique #5, Fundamental Techniques 1-20			Sinawali Drills, Box Sombrota	WK4	
22-Apr	28-Apr	Sparring / Combos	Technique #6 & #7, Dragon Master Key Form			Finger Set	WK5	
29-Apr	5-May	Concept Drills	Review Techniques, Power/Blocking/Finger Sets, Short/Long Forms			Ipon Seonage	WK6	
6-May	12-May	Sparring / Combos	Progress Check Week All Techniques/Level Appropriate Forms/Sets			Review	WK7	
13-May	19-May	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			
25-Mar	31-Mar	Free Style Kicking Combos	Technique #1, Technique #2, Set Introduction (Finger Set)	Sinawali Drills (Thru Rodeo)		WK1	
1-Apr	7-Apr	Sparring	Technique #3, Technique #4	Heaven & Earth Stick Drills		WK2	
8-Apr	14-Apr	Concept Drills	Review Techniques #1-#4, Set Review, Short/Long Review	Skip Timing Stick Drills		WK3	
15-Apr	21-Apr	Free Style Kicking Combos	Technique #5, Specialty Kicks (Muay Thai Knees, Cross Over Kicks)	Technique #6	#1 Line Inside/Outside Defense	WK4	
22-Apr	28-Apr	Sparring	Animal Form	Technique #7	#1 Line Inside/Outside Defense	WK5	
29-Apr	5-May	Concept Drills	Review Techniques #1-#5 (6-7 BBC) + Form, Set Review, Short/Long Review	Full Revised Sequoia Stick Form		WK6	
6-May	12-May	Sparring	Progress Check Week	Full Revised Sequoia Stick Form		WK7	
13-May	19-May	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