

2018 TRAINING GOALS

YEAR GOAL: PERFECTING THE BASICS; IMPROVING PHYSICAL CONDITION;
MARTIAL ATTITUDE

1	2	3		
TRIMESTER 1 PHYSICAL: FLEXIBILITY AND BALANCE KIHON: TEN-NO-KATA; TRAINING WITH TARGET/PARTNER. KATA: TRAINING SEQUENCE BY SEQUENCE; MENTAL POSTURE KUMITE: REPETITION OF BASIC DRILLS; GERI-WAZA; DE-AI			TRIMESTER 1	S E M E S T E R 1 S E M E S T E R 2
<i>SEMESTER 1: GERI WAZA; STANCES; BETTER BASICS; MARTIAL PHYSICAL CONDITIONING</i>				
4	5	6		
TRIMESTER 2 PHYSICAL: SPEED AND STRENGTH KIHON: COMBOS; MAKING TECHNIQUE FASTER; GENERATING POWER KATA: RHYTHM; BREATHING; STANCES KUMITE: EXPLOSION; ATTITUDE; CONFIDENCE			TRIMESTER 2	
7	8	9		
TRIMESTER 3 PHYSICAL: COORDINATION AND MUSCLE MEMORY KIHON: MOVING WITH TECHNIQUES; TRAINING WITH TARGET/PARTNER KATA: VIDEO REVIEW + ANALYZING PROGRESS; EXECUTION TO EXHAUSTION KUMITE: COMBOS; MAKING TECHNIQUE FASTER; SCORE WITH BASICS			TRIMESTER 3	
<i>SEMESTER 2: UKE WAZA; MOVING; SELF-DEFENSE + KUMITE; MARTIAL PHYSICAL CONDITIONING</i>				
10	11	12		
TRIMESTER 4 PHYSICAL: STAMINA; MIND OVER MATTER KIHON: THE REALITY BEHIND EACH TECHNIQUE / SELF-DEFENSE KATA: BUNKAI KUMITE: STRATEGY; CREATING OPPORTUNITIES / COUNTERING			TRIMESTER 4	