



SEMESTER 1:
GERI WAZA; STANCES; BETTER BASICS; MARTIAL PHYSICAL
CONDITIONING

TRIMESTER 1: PHYSICAL: FLEXIBILITY AND BALANCE
KIHOJ: TEN-NO-KATA; TRAINING WITH TARGET/PARTNER
KATA: TRAINING SEQUENCE BY SEQUENCE; MENTAL POSTURE
KUMITE: REPETITION OF BASIC DRILLS; GERI-WAZA; DE-AI

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Warm up with circuit; Taikyoku Sandan or Heian Sandan	2 Physical Preparation	3 KATA: Kanku Sho KUMITE: matches	4 Yellow belt syllabus Heian Nidan <hr/> Tekki Shodan Green belt syllabus
5	6 Kokutsu Dachi <hr/> KUMITE: Technique deconstruction: URA MAWASHI GERI	7 NEW AGE: Game day	8 "The secret is in the hips": Goshi work Hara	9 Physical Preparation	10 KATA: Kanku Sho KUMITE: matches	11 Orange belt syllabus Heian Yondan <hr/> Tekki Nidan Blue belt syllabus
12	13 Kiba Dachi <hr/> KUMITE: Technique deconstruction: USHIRO GERI	14 NEW AGE: Improving power, joints and target: work with pads	15 Improving stamina and breathing: beep test	16 NATIONAL TEAM TRAINING	17 NATIONAL TEAM TRAINING	18 NATIONAL TEAM TRAINING
19	20 Neko Ashi Dachi <hr/> KUMITE: Technique deconstruction: MAWASHI GERI	21 NEW AGE: Plyometrics	22 Hikite: what is it? Ways to use it? Correcting it	23 Physical Preparation	24 KATA: Kanku Sho KUMITE: matches	25 Orange belt syllabus Heian Godan <hr/> Tekki Sandan 1st kyu syllabus
26	27 Fudo/Sōchin Dachi <hr/> KUMITE: Technique deconstruction: YOKO GERI	28 NEW AGE: Gym day				

EVERY CLASS: 100 SIT-UPS / 50 PUSH-UPS / 50 SQUAT LIFTS