





2019 TRAINING GOALS

YEAR GOAL:

**INCREASE INTENSITY OF CLASSES; FLEXIBILITY FOR ALL AGES;
IMPROVE REACTION AND INSTINCT**

1	2	3		
TRIMESTER 1 PHYSICAL: FLEXIBILITY AND BALANCE; FIGHTING EXHAUSTION KIHON: TEN-NO-KATA; TRAINING WITH TARGET/PARTNER. KATA: TRAINING SEQUENCE BY SEQUENCE; MENTAL SKILLS; NEW RULES KUMITE: REPETITION OF BASIC DRILLS; GERI-WAZA; DE-AI			 TRIMESTER 1	S E M E S T E R 1
<i>SEMESTER 1: GERI WAZA; STANCES; BETTER BASICS; MARTIAL PHYSICAL CONDITIONING</i>				
4	5	6		
TRIMESTER 2 PHYSICAL: SPEED AND STRENGTH; DEVELOPING LEAN AND HEALTHY MUSCLE KIHON: COMBOS; MAKING TECHNIQUE FASTER; GENERATING POWER KATA: RHYTHM; BREATHING; STANCES & STEPPING KUMITE: EXPLOSION; ATTITUDE; CONFIDENCE			 TRIMESTER 2	
<i>SEMESTER 2: UKE WAZA; MOVING; SELF-DEFENSE + KUMITE; MARTIAL PHYSICAL CONDITIONING</i>				
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	S E M E S T E R 2
<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 - BASIC AND ADVANCED KUMITE: STRATEGY; CREATING OPPORTUNITIES / COUNTERING			 TRIMESTER 4	