**Class plan**

|  |  |
| --- | --- |
| Hand  | Current|All|All Blocks|Slow|Fast|Focus on Guard/Heel/Hips/Chamber/Target| Block-Punch|Loud Ki-haps Comp|Moving forward/Backward|You/They Build Combination|Focus Pads|Fitness between punches|4 directional|Double punches |
| Feet | Current|All|Slow|Fast|Focus on chamber/Re chamber/Heel/weapon|Kick race|Lunge to kick|Consecutive kicks|Cross step kicks|4 directional|Sliding kicks|Double kicks|Spinning kicks down hall |
| Pattern | Current|All|Make one up|As a defence drill|On the pads|Boths side and run around hall|Students to take in turn calling out techniques|Reverse order full/individual|At speed|Instructor Says|Slow|Fast|Eyes closed 4 directional |
| Speed | Current|All|Slow|Build up one tech at a time|Students to call techniques|Focus pads around hall/bwds and fwds|Black belt |
| Defence | Current|All|Bada Chagi|All with fitness inbetween|2on1|2on1 bada chagi|Infighting|eyes closed infighting|Slow motion|Sparring|5 attack|Small space|Take downs|Non contact full speed|Hands/Feet only| |
| Pad | Current|Bada Chagi|Power shields down hall|4 minute drill|Moving fwd|2on1|3 rows, push,hold,punch|Diagonal down hall|Speed punches/kicks|Fastest feet|Short/Mid/Close power|Bump drill|20 seconds repeat/swap|Hands/Feet only| |
| Fitness | To the walls|Sit ups|Last man standing|Push ups|Burpees|Lungees|Star Jumps|V sits|Circuits|Jungle Run |
| Games | Team Tag|Belt Grab|Dodgeball|Choi Cricket/Rounders|Pads as stepping stones|Island dodge|0 and X|Obstacle course|Hop/Kick Race|All fours football|Copy and out |

Instructor -

Line Up, Equipment, Instructions, Ki haps

Line Up, Equipment, Instructions, Ki haps

Assistant Instructor

STORM

White – Yellow – Gold

Orange - Green – Blue

Blue – Purple – Brown

Black

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