

# **Eastern New Mexico Taekwon-Do**

## ***Spring Semester***

**January (Stances/Kicks)**  
**Week 1: January 14, 2010**

### ***Thursday Night***

Review of patterns and kicks paying close attention to stances.  
Remind student of sign-off sheets and that they should get their previous patterns sign-offs early.

**Week 2: January 18 - 21, 2010**

### ***Monday Night***

Kicking combination/Consecutive

- Make up kicking series and execute them up to four directions and four kicks

Black Belt flying combination/consecutive kicking

### ***Tuesday Night***

Kicking combination/consecutive

- Kick in a circle (page 5 of manual)

New and Old kicks

- Line drills using add a kick (page 3 of manual)

Required knowledge about kicks

- (tool, target, type [defensive/offensive])

### ***Thursday Night***

Aerobic Training

- Sparring using kicks only

Strength Training

- Kicks using the bungee cords

Stretching

- With a partner on the floor (page 16 of manual)

## **Week 3: January 25-28, 2010**

### ***Monday Night***

Review Kick

- Use testing requirements and review each kick at each rank
- GET STUDENTS TO GET SIGN-OFF SHEETS STARTED

### ***Tuesday Night***

Review Kicks

- Use testing requirements and review each kick at each rank
- GET STUDENTS TO GET SIGN-OFF SHEETS STARTED

### ***Thursday Night***

Line drills

- Add a kick making sure to change both the kick and the stance on each one.

Free Sparring

- Line up facing each other without pads and free spar without contact shifting after 2 minutes.

GET SIGN-OFF SHEETS STARTED

## **February (Patterns and Step Sparring)**

### **Week 1: February 1 - 4, 2010**

### ***Monday Night***

Review old Patterns (emphasizing basics, chambers and stances)

Techniques for their next patterns

- Line Drills

### ***Tuesday Night***

Review old Patterns (emphasizing basics, chambers and stances)

Techniques for their next patterns

- Line Drills

### ***Thursday Night***

Strength Training

- Patterns tense throughout

Aerobic Training

- Patterns in a box (page 7 of manual)

Stretching

- Standing kick drills make them work the kicks as high as possible (page 1 of manual)

## **Week 2: February 8 - 11, 2010**

### ***Monday Night***

New patterns

-progressively (page 8 of manual)

3-step sparring

(use combinations from the step sparring guide)

3-step sparring two-way

(use combinations from the step sparring guide)

### ***Tuesday Night***

New patterns

-progressively (page 8 of manual)

3-step sparring

(use combinations from the step sparring guide)

3-step sparring two-way

(use combination from the step sparring guide)

### ***Thursday Night***

Strength Training

-Plyometrics (use the sheet for reference)

Aerobic Training

-Patterns with tension (page 7 of manual)

Stretching

## **Week 3: February 15-18, 2010**

### ***Monday Night***

2-step sparring

-With Pads (page 13 of the manual)

1-step sparring

-With Pads (page 13 of the manual)

Patterns

### ***Tuesday Night***

2-step sparring

-With Pads (page 13 of the manual)

1-step sparring

-With Pads (page 13 of the manual)

Patterns

### ***Thursday Night***

Strength Training

Lots of set-up, push-up

Aerobic Training

-Free sparring no hands (page 12 of the manual)

-Patterns in a box (page 7 of the manual)

Balance Drills

-One leg Partner Push (page 17)

## **Week 4: February 22 - 25, 2010**

### ***Monday Night***

Have each student come onto the floor and demonstrate their new pattern this should be done by belt rank

***WORK ON SIGN-OFF SHEETS***

### ***Tuesday Night***

Have each student come onto the floor and demonstrate their new pattern. This should be done by belt rank.

***WORK ON SIGN-OFF SHEETS***

### ***Thursday Night***

Go through each of the types of step sparring. Have them go through 3-step alone as a group. Then have the front row face the second row and demonstrate 3 step with a partner. Then have the 3rd row face the 4th row and demonstrate 3-steps with a partner. Then start in the front and do 3-step two way and so on.

***WORK ON SIGN-OFF SHEETS***

## **March (Self-Defense and Breaking)**

### **Week 1: March 1-4, 2010**

### ***Monday Night***

Self-defense releases only

-Blind Folded (page 11 manual)

Throws, sweep and falls

### ***Tuesday Night***

Self-defense releases only

-Blind folded (page 11 manual)

Throws, sweeps and falls

### ***Thursday Night***

Strength Training

-Group set-up (page 18)

-Group push-ups (page 18)

-Two minute push-ups

Aerobic Training

-Fast Patterns (page 7)

## **Week 2: March 8-11, 2010**

### ***Monday Night***

Breaking with feet

Self-defense

-From the book blue stripe to black belt

### ***Tuesday Night***

Breaking with the feet

Self-defense releases only

-From the book white belt to blue stripe

### ***Thursday Night***

Strength Training

-Foot/Leg Isometrics (page 17 of the manual)

Aerobic Training

-Free sparring

-Free Sparring by the numbers (page 12 of the manual)

Stretching

## **Week 3: March 15-18, 2010**

### ***Monday Night***

Warm-up with patterns

Self-defense sweeps and throws

-From the book green belt to black belt

Defensive kicks

-Line drills from the book

Breaking with the hands

### ***Tuesday Night***

Warm-up with patterns

Self-defense

-Practice falling

Breaking with the hands

### ***Thursday Night***

Strength Training

-Handstand push-ups against the wall

Aerobic Training

-Jump change counting (page 17)

Stretching

-On the floor with a partner (page 16)

**Week 4: March 22-25, 2010**

***Monday Night***

Review self-defense releases, controls, sweeps and throws  
WORK ON SIGN-OFF SHEETS

***Tuesday Night***

Review self-defense releases, controls, sweeps and throws  
WORK ON SIGN-OFF SHEETS

***Thursday Night***

Breaking hands and feet  
WORK ON SIGN-OFF SHEETS

**April (Patterns/Free Sparring)**

**Week 1: March 29 - April 1, 2010**

***Monday Night***

Patterns  
-Team or group patterns (page 7 manual)  
Free sparring  
-Point sparring as in open tournaments  
With Targets (page 13 manual)

***Tuesday Night***

Patterns  
-Team or group patterns (page 7 manual)  
Free sparring  
-Slow motion (page 12 manual)

***Thursday Night***

Aerobic Training  
-Free Sparring  
Flying drills  
-Over obstacles (page 3 instructor's manual)

**Week 2: April 5-8, 2010**

***Monday Night***

Patterns

-Emphasize the back hand with power

Stances only

Self-Defense

-From the book blue belt to black belt

***Tuesday Night***

Patterns

-Emphasize the back hand with power

-Stances only (hands in belt behind the back)

Self-Defense

-Break falls on the mate

***Thursday Night***

Strength Training

-Jumping Drills (page 2)

Aerobic

-Step Sparring/Self-Defense/Free sparring combination (page 13)

Stretching

**Week 3: April 12-15, 2010**

***Monday Night***

COMPLETE SIGN-OFF SHEETS

***Tuesday Night***

COMPLETE SIGN-OFF SHEETS

***Thursday Night***

COMPLETE SIGN-OFF SHEETS

**Week 4: April 19-22, 2010**

***Monday Night***

Written Tests

***Tuesday Night***

Written Tests

***Thursday Night***

Written Tests

**April (Patterns/Free Sparring)**  
**Week 5: April 26 - April 29, 2010**

***Monday Night***

Review for Testing

***Tuesday Night***

Review for Testing

***Thursday Night***

Review for Testing



**Week 2: May 3-6, 2010**

***Monday Night***

Review for Testing

***Tuesday Night***

Review for Testing

***Thursday Night***

Review for Testing

***TEST SATURDAY MAY 8, 2010***

**Week 3: May 10 - 13, 2010**

***Monday Night***

Work on new patterns and free sparring

***Tuesday Night***

Work new patterns and free sparring

***Thursday Night***

Work new patterns and free sparring

**Week 4: May 17 - 20, 2010**

***Monday Night***

Work on new patterns and free sparring

***Tuesday Night***

Work new patterns and free sparring

***Thursday Night***

***End of Class Cookout***

