



MAY ~ JUL

| | 5/23 ~ 5/28 | 5/31 ~ 6/4 | 6/6 ~ 6/11 | 6/13 ~ 6/18 |
|--------------|--------------------------------------|------------------------------------|--|---|
| | Kicking Combination | Kicking Combination / Self defense | Self defense | Form |
| | Jumping | Movement - HKD | Endurance - Flexibility | Balance - Control |
| B3 | Kicking Combination | Excellence - Ambassador Hello | Thank you | Tae Geuk # 1 - Falling Technique # 1 |
| I4 | " | " Fighting stance | Begin | Tae Geuk # 2 - Harmony |
| A9 | " | " Grand master | Master | Tae Geuk # 7 - Internal Energy |
| D1510 | Basic Kicks | All Terms | Positive Mental Attitude | Success - Meaning of TKD - HKD |
| 1s2 | 2 kicks instead of the 7 basic kicks | 3 stances & 3 hand techniques | Tell us good things about TKD or HKD | Difference between TKD and HKD |
| 2s6 | | Tiger & Closed stance | | Tiger & Closed stance |
| AN NOUNCE | No Class Memorial 5/30 | | BBT Written Test 6/8 - BBT 6/11 ST 6/ | Father's Day 6/19 |

Top of this shows the training session date

First column chart on the left, this shows the present chapter #. For example, B3 is Beginner level chapter 3, D is Deputy belt chapter 1, 5, and 10, 1s2 is 1st degree black belt chapter 2, **ANNOUNCEMENT** is something you need to announce and communicate with students, families, partners, and team members

Second column, this shows the training dates, curriculum/exercise plan/topics that you need to focus on teaching/discussing, anything in blue is **announcement**, & anything in red is for **Hapkido students**

This Class Management (CM) is for training purposes