



# CLASS 1

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick</li> <li>2. Fast Kick-Round Kick</li> <li>3. Round Kick-Fast Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick</li> <li>2. Fast Kick-Round Kick</li> <li>3. Round Kick-Fast Kick</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick</li> <li>2. Fast Kick-Round Kick</li> <li>3. Round Kick-Fast Kick</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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# CLASS 2

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Step Forward-Step Forward</li> <li>2. Step Backward-Step Backward</li> <li>3. Step Forward-Step Backward</li> <li>4. Step Backward-Step Forward</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick with Step Backward-Step Backward</li> <li>2. Step Forward-Step Forward with Round Kick-Round Kick</li> <li>3. Step Forward-Step Forward with Round Kick-Round Kick Counter-Response</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick with Step Backward-Step Backward-Response</li> <li>2. Step Forward-Step Forward with Round Kick-Round Kick-Response</li> <li>3. Step Forward-Step Forward with Round Kick-Round Kick-Response</li> </ol>		

<b>Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick partner matching step and counters with Round Kick-Round Kick</li> <li>2. Fast Kick-Round Kick review Class 1</li> <li>3. Round Kick-Fast Kick review Class 1</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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### CLASS 3

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
1. Step Round Kick 2. Padachugi	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>20 minutes</b>
1. Round Kick-Step Round Kick 2. Step Round-Kick-Round Kick 3. Round-Kick-Padachugi 4. Padachugi-Round Kick		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
1. Round Kick-Step Round Kick 2. Step Round Kick-Round Kick 3. Round Kick-Step Round Kick 4. Padachugi-Round Kick		

<b>Cool Down</b>	<b>5 minutes</b>
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### CLASS 4

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 30-45 minutes to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills (Step Drill in the Air)</b>	<b>20 minutes</b>
1. Skip Forward-Skip Backward 2. Skip Backward-Skip Forward 3. Skip Forward-Step Forward 4. Skip Backward-Step Backward 5. Step Forward-Skip Forward 6. Step Backward-Skip Backward	

<b>Air Kick Drills (Step Drill with Kick)</b>	
1. Skip Forward-Skip Backward-Round Kick 2. Skip Backward-Skip Forward-Round Kick 3. Step Forward-Skip Forward-Round Kick 4. Skip Forward-Step Forward-Round Kick 5. Skip Backward-Step Backward-Round Kick 6. Step Backward-Skip Backward-Round Kick	

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>25 minutes</b>
1. Skip Forward-Skip Backward-Round Kick ( <i>partner kick after first step</i> ) 2. Skip Backward-Skip Forward-Round Kick ( <i>partner kick before first step</i> ) 3. Step Forward-Skip Forward-Round Kick ( <i>partner retreats</i> ) 4. Skip Forward-Skip Forward-Round Kick ( <i>partner retreats</i> ) 5. Skip Backward-Step Backward-Round Kick ( <i>partner kick after first step</i> ) 6. Step Backward-Skip Backward-Round Kick ( <i>partner kick after first step</i> )		

<b>Cool Down</b>	<b>5 minutes</b>
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## CLASS 5

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 30-45 minutes to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Fast Kick-Round Kick</li> <li>2. Round Kick-Fast Kick/Round Kick-Round Kick</li> <li>3. Round Kick-Padachugi/Padachugi-Round Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Fast Kick-Round Kick</li> <li>2. Round Kick-Fast Kick/Round Kick-Round Kick</li> <li>3. Round Kick-Padachugi/Padachugi-Round Kick</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Fast Kick-Round Kick (<i>partner matches step and reacts with counter Round Kick after each second kick on steps 1-2</i>)</li> <li>2. Round Kick-Fast Kick/Round Kick-Round Kick</li> <li>3. Round-Kick-Padachugi/Padachugi-Round Kick (<i>partner matches step and reacts with counter Round Kick after second kick and react on second set before first step</i>)</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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## CLASS 6

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 30-45 minutes to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills (Step Drill in the Air)</b>	<b>25 minutes</b>
<ol style="list-style-type: none"> <li>1. Skip Forward-Skip Backward/Skip Backward-Skip Forward</li> <li>2. Step Forward-Step Backward/Step Backward-Step Forward</li> <li>3. Step Forward-Skip Forward/Skip Forward-Step Forward</li> <li>4. Skip Backward-Step Backward/Step Backward-Skip Backward</li> </ol>	

<b>Air Kick Drills (Step Drill with Kick)</b>	
<ol style="list-style-type: none"> <li>1. Skip Forward-Skip Backward-Round Kick/Skip Backward-Skip Forward-Round Kick</li> <li>2. Step Forward-Skip Forward-Round Kick/Skip Forward-Step Forward-Round Kick</li> <li>3. Skip Backward-Step Backward-Round Kick/Step Backward-Skip Backward-Round Kick</li> </ol>	

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Skip Forward-Skip Backward-Round Kick (<i>partner Kick after first step</i>)/Skip Backward-Skip Forward-Round Kick (<i>partner kick before first step</i>)</li> <li>2. Step Forward-Skip Forward-Round Kick (<i>partner retreats</i>)/Skip Forward-Step Forward-Round Kick (<i>partner retreats</i>)</li> <li>3. Skip Backward-Step Backward-Round Kick (<i>partner kick after first step</i>)/Step Backward-Skip Backward-Round Kick (<i>partner kick after first step</i>)</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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## CLASS 7

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick (continuously)

### Target Drills 15 minutes

*Pair up and utilize Focus Target*

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick (continuously)

### Partner Drills 10 minutes

*Pair up and utilize Sparring Gear*

Introduce Chest Protector

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick (continuously)

### Reaction Drills 10 minutes

*Pair up and utilize Sparring Gear*

1. Round Kick-Round Kick/Step Round Kick-Round Kick (*partner steps defensively and counter each second kick*)

### Cool Down 5 minutes

Notes:

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## CLASS 8

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Skip Forward-Skip Backward/Skip Backward-Skip Forward
  2. Step Forward-Skip Forward/Skip Forward-Step Forward
  3. Skip Backward-Step Backward/Step Backward-Skip Backward
- \*(partner matches in reverse on steps 1-3)

### Target Drills 15 minutes

*Pair up and utilize Focus Target*

1. Skip Forward-Skip Backward Padachugi/Skip Backward-Skip Forward Round Kick
2. Step Forward-Skip Forward Round Kick/Skip Forward-Step Forward Fast Kick
3. Step Forward-Skip Forward Fast Kick/Skip Forward-Step Forward Fast Kick
4. Skip Backward-Step Backward Fast Kick/Step Backward-Skip Backward Fast Kick

### Partner/Reaction Drills 20 minutes

*Pair up and utilize Sparring Gear*

1. Skip Forward-Skip Backward Padachugi (*partner kicks on first Skip motion*)
2. Skip Backward-Skip Forward Round Kick (*partner kicks before first Skip motion*)
3. Step Forward-Skip Forward Round Kick (*partner receives attacks no counter on steps 3-6*)
4. Skip Forward-Step Forward Round Kick
5. Step Forward-Skip Forward Fast Kick
6. Skip Forward-Step Forward Fast Kick
7. Skip Backward-Step Backward Fast Kick (*partner kicks on each Skip motion on steps 7-8*)
8. Step Backward-Skip Backward Fast Kick

### Cool Down 5 minutes

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## CLASS 9

**Necessary Equipment:** Focus Targets and Sparring Gear, Body Shield  
Optional

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. On-The-Floor Nadabon
2. Hop-Step Nadabon
3. In the Air Nadabon
4. Round Kick-Nadabon
5. Step Round Kick-Nadabon

### Target Drills

*Pair up and utilize Focus Target/Body Shield*

15 minutes

1. Nadabon
2. Round Kick-Nadabon
3. Step Round Kick-Nadabon

### Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Round Kick-Nadabon
2. Step Round Kick-Nadabon

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Round Kick-Nadabon
2. Step Round-Kick-Nadabon

### Cool Down

5 minutes

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## CLASS 10

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. On the floor Nadabon-Hop Step Nadabon-In the air
2. Nadabon Step Forward Kick-Nadabon
3. Step Back Round Kick-Nadabon

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. On-the floor Nadabon-Hop-step Nadabon-In the Air Nadabon
2. Round Kick-Nadabon
3. Step Forward Kick-Nadabon
4. Step Back Round Kick-Nadabon

### Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Round Kick-Nadabon
2. Step Forward-Nadabon

3. Step back-Nadabon

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Step Forward-Nadabon (*partner matches steps and counters steps 1-3*)
2. Round Kick-Nadabon
3. Step Round Kick-Nadabon

### Cool Down

5 minutes

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# CLASS 11

**Necessary Equipment:** Focus Targets and Sparring Gear, Body Shield  
Optional

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 15 minutes  
1. Apbal in Place  
2. Draw-Back Apbal  
3. Skip-Back Apbal

**Target Drills** *Pair up and utilize Focus Target/Body Shield* 15 minutes  
1. Apbal in Place  
2. Draw-Back Apbal  
3. Skip-Back Apbal

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Apbal in Place (*partner skips in*)  
2. Draw-Back apbal (*partner steps in*)  
3. Skip-Back Apbal (*partner round kicks*)

**Cool Down** 5 minutes

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# CLASS 12

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 15 minutes  
1. Apbal in Place-Padachugi  
2. Draw-Back Apbal-Padachugi  
3. Skip-Back Apbal-Padachugi

**Target Drills** *Pair up and utilize Focus Target* 15 minutes  
1. Apbal in Place-Padachugi  
2. Draw-Back Apbal-Padachugi  
3. Skip-Back Apbal-Padachugi

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Apbal in place-Padachugi (*partner Skips in and follows with step in on steps 1-3*)  
2. Draw-Back Apbal-Padachugi  
3. Skip-Back Apbal-Padachugi

**Cool Down** 5 minutes

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# CLASS 15

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills 20 minutes

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|-------------------------------------|--------------------------------------|
| 1. Diagonal Step Backward           | 6. Skip Backward-Diagonal Skip Back  |
| 2. Diagonal Skip Backward           | 7. Step Forward-Diagonal Step Back   |
| 3. Step Forward-Diagonal Skip Back  | 8. Step Backward-Diagonal Step Back  |
| 4. Step Backward-Diagonal Skip Back | 9. Skip Forward-Diagonal Step Back   |
| 5. Skip Forward-Diagonal Skip Back  | 10. Skip Backward-Diagonal Step Back |

## Target Drills *Pair up and utilize Focus Target* 10 minutes

1. Round Kick-Round Kick with Diagonal Skip Backward Round Kick
2. Round Kick-Round Kick with Diagonal Step Backward Round Kick

## Partner/Reaction Drills *Pair up and utilize Sparring Gear* 15 minutes

1. Round Kick-Round Kick with Step Backward-Diagonal Step Backward Response
2. Round Kick-Round Kick with Step Backward-Diagonal Skip Backward Response

## Cool Down 5 minutes

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# CLASS 16

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills 10 minutes

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|---------------------|--|
| 1. Cut Kick-Nadabon | 3. Apbal-Nadabon                               |
| 2. Push Kick-Apbal  | 4. Fast Kick-Diagonal Skip Backward-Round Kick |

## Target Drills *Pair up and utilize Focus Target* 15 minutes

- |                                       |  |
|---------------------------------------|--|
| 1. Cut Kick-Nadabon                   | 3. Apbal - Nadabon                               |
| 2. Push Kick-Apbal-Diagonal Skip Back | 4. Fast Kick-Diagonal Skip Back-Round Kick-Apbal |

## Partner/Reaction Drills *Pair up and utilize Sparring Gear* 20 minutes

1. Cut Kick-Nadabon (*partner matches motion on steps 1-4*)
2. Push Kick-Apbal-Diagonal Skip Back
3. Apbal-Nadabon
4. Fast Kick-Diagonal Skip Backward-Round Kick-Apbal

## Cool Down 5 minutes

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# CLASS 17

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
1. Round Kick-Double Kick                      4. Double Kick-Fast Kick 2. Fast Kick-Double Kick                        5. Step In-Double Kick 3. Double Kick-Round Kick                      6. Step Back-Double Kick	

<b>Target Drills</b> <i>Pair up and utilize Focus Target/Wavemaster®</i>	<b>20 minutes</b>
1. Round Kick-Double Kick                      4. Double Kick- Fast Kick 2. Fast Kick-Double Kick                        5. Step In-Double Kick 3. Double Kick-Round Kick                      6. Step Back-Double Kick	

<b>Partner Drills</b> <i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
1. Round Kick-Double Kick (partner responds after last kick on steps 1-8)) 2. Fast Kick-Double Kick 3. Double Kick-Round Kick 4. Double Kick-Fast Kick 5. Step In-Double Kick 6. Step Back-Double Kick 7. Skip In-Double Kick 8. Skip Back-Double Kick	

<b>Cool Down</b>	<b>5 minutes</b>
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# CLASS 18

**Necessary Equipment:** Focus Targets and Sparring Gear, Wavemaster®  
Optional

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
1. Round Kick-Double Kick/Fast kick-Double Kick 2. Double Kick-Round Kick/Double Kick-Fast Kick 3. Ste In-Double Kick/Step Back-Double Kick	

<b>Target Drills</b> <i>Pair up and utilize Focus Target/Wavemaster®</i>	<b>25 minutes</b>
1. Round Kick-Double Kick/Fast Kick-Double Kick 2. Double Kick-Round Kick/Double Kick-Fast Kick 3. Step in-Double Kick/Step Back-Double Kick <b>Additional Target Drills-Optional Exercises</b> 1. Round Kick-Double Kick/Fast Kick-Double Kick 2. Double Kick-Round Kick/Double Kick-Fast Kick 3. Step In-Double Kick/Step Back-Double Kick 4. Skip In-Double Kick/Skip Back-Double Kick	

<b>Partner Drills</b> <i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
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1. Round Kick-Double Kick/Fast Kick-Double Kick (partner responds after last kick on steps 1-4)  
 2. Double Kick-Round Kick/Double Kick-Fast Kick  
 3. Step In - Double Kick/Step Back-Double Kick  
 4. Skip In - Double Kick/Skip Back- Double Kick  
**Alternative Combinations Partner Drills-Optional Exercises**  
 To increase the challenge to both partners, repeat the partner drills above and direct the partner to respond after the last kick in EACH combination.

<b>Cool Down</b>	<b>5 minutes</b>
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# CLASS 19

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. Round Kick-Apbal Double Kick  
2. Fast Kick-Apbal Double Kick  
3. Apbal Double Kick-Round Kick  
4. Apbal Double Kick-Fast Kick  
5. Step In- Apbal Double Kick  
6. Step Back-Apbal Double Kick

**Target Drills** *Pair up and utilize Focus Target/Wavemaster®* 15 minutes  
1. Round Kick - Apbal Double Kick  
2. Fast Kick - Apbal Double Kick  
3. Apbal Double Kick - Round Kick  
4. Apbal Double Kick - Fast Kick  
5. Step In - Apbal Double Kick  
6. Step Back - Apbal Double Kick  
**(Repeat Target Drills on Wavemaster®)**

**Partner Drills** *Pair up and utilize Sparring Gear* 20 minutes  
1. Round Kick-Apbal Double Kick (*partner responds after last kick on steps 1-6*)  
2. Fast Kick-Apbal Double Kick  
3. Apbal Double Kick-Round Kick  
4. Apbal Double Kick-Fast Kick  
5. Step In-Apbal Double Kick  
6. Step Back-Apbal Double Kick  
7. Step In- Apbal Double Kick  
8. Step Back-Apbal Double Kick

**Cool Down** 5 minutes

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# CLASS 20

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 15 minutes  
1. Round Kick-Apbal Double Kick/Fast Kick-Apbal Double Kick  
2. Apbal Double Kick-Round kick/Apbal Double Kick-Fast Kick  
3. Skip in-Apbal Double Kick/Skip Back-Apbal Double Kick

**Target Drills** *Pair up and utilize Focus Target/Wavemaster®* 15 minutes  
1. Round Kick - Apbal Double Kick/Fast Kick - Apbal Double Kick  
2. Apbal Double Kick - Round Kick/Apbal Double Kick - Fast Kick  
3. Skip In - Apbal Double Kick/Skip Back - Apbal Double Kick  
**(Repeat Target Drills with Wavemaster® to refine technique and build endurance)**

**Partner Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Round Kick-Apbal Double Kick / Fast Kick-Apbal Double Kick (*partner responds after last kick on steps 1-3*)  
2. Apbal Double Kick-Round Kick / Apbal Double Kick-Fast Kick  
3. Skip In-Apbal Double Kick / Skip Back - Apbal Double Kick  
**Alternative Partner Drills-Optional Exercises**  
Repeat the partner drills above and direct the partner to respond after the last kick in EACH combination.

**Cool Down** 5 minutes

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## CLASS 21

**Necessary Equipment:** Focus Targets ,Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Back Kick
2. Step in Back Kick
3. Skip in Back Kick

### Target Drills

*Pair up and utilize Body Shield/Wavemaster®*

15 minutes

1. Back Kick
2. Step in Back Kick
3. Skip in Back Kick

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. Back Kick (*partner steps forward before kick*)
2. Step in Back Kick (*partner slide back during step*)
3. Skip in Back Kick (*partner slide back during step*)

#### Alternate Partner/Reaction Drills- Optional Exercises

1. Back Kick (*partner Round Kick Attack*)
2. Step in Back Kick (*partner slide back during step attempts padachugi*)
3. Skip in Back Kick (*partner slide back during step attempts apbal*)

### Cool Down

5 minutes

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## CLASS 22

**Necessary Equipment:** Body Shield, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. Round Kick-Back Kick
2. Step In Back Kick-Back Kick
3. Skip In Back Kick-Step In Back Kick

### Target Drills

*Pair up and utilize Body Shield/Wavemaster®*

15 minutes

1. Back Kick-Back Kick
2. Step In Back Kick-Jump Back Kick
3. Skip In Back Kick-Apbal

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

1. Round Kick-Back Kick (*partner Skips back after first kick*)
2. Step In Back Kick (*partner slide back during step*)
3. Skip In Back Kick (*partner slide back during step*)

#### Alternative Partner/Reaction Drills-Optional Exercises

Repeat the partner drills above and direct the partner to slide back and add a padachugi

### Cool Down

5 minutes

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## CLASS 23

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick Whip Kick</li> <li>2. Step In Back Kick Whip Kick</li> <li>3. Skip In Back Kick Whip Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target/Wavemaster®</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick Whip Kick</li> <li>2. Step In Back Kick Whip Kick</li> <li>3. Skip In Back Kick Whip Kick</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick Whip Kick (<i>partner steps forward before kick</i>)</li> <li>2. Step In Back Kick Whip Kick (<i>partner slide back during step</i>)</li> <li>3. Skip In Back Kick Whip Kick (<i>partner slide back during step</i>)</li> </ol>		

<b>Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Whip Kick (<i>partner round kick attack</i>)</li> <li>2. Step In Back Whip Kick (<i>partner slide back during step and attempts padachugi</i>)</li> <li>3. Skip In Back Whip Kick (<i>partner slide back during step and attempts apbal</i>)</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 24

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Back Kick Whip Kick</li> <li>2. Nadabon-Back Kick Whip Kick</li> <li>3. Back Kick-Back Kick Whip Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target/Wavemaster®</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Back Whip Kick</li> <li>2. Nadabon-Back Whip Kick</li> <li>3. Back Kick-Back Whip Kick</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Back Whip Kick (<i>partner Skips back after first kick</i>)</li> <li>2. Nadabon-Back Whip Kick (<i>partner slide back during step</i>)</li> <li>3. Back Kick-Back Whip Kick (<i>partner slide back during step</i>)</li> </ol>		

**Alternative Partner/Reaction Drills-Optional Exercises**  
Repeat the partner drills above and direct the partner to slide back and add a padachugi

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 25

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

- |                          |                       |                               |
|--------------------------|-----------------------|-------------------------------|
| 1. Axe Kick Straight Leg | 4. Fast Kick-Axe Kick | 7. Axe Kick-Double Kick       |
| 2. Axe Kick Bent Knee    | 5. Cut Kick-Axe Kick  | 8. Axe Kick-Apbal Double Kick |
| 3. Round Kick-Axe Kick   | 6. Push Kick-Axe Kick |                               |

### Target Drills 10 minutes

*Pair up and utilize Focus Target*

- |                          |                       |                               |
|--------------------------|-----------------------|-------------------------------|
| 1. Axe Kick Straight Leg | 4. Fast Kick-Axe Kick | 7. Axe Kick-Double Kick       |
| 2. Axe Kick Bent Knee    | 5. Cut Kick-Axe Kick  | 8. Axe Kick-Apbal Double Kick |
| 3. Round Kick-Axe Kick   | 6. Push Kick-Axe Kick |                               |

### Partner Drills 10 minutes

*Pair up and utilize Sparring Gear*

- |   |                       |                               |
|---|-----------------------|-------------------------------|
| 1. Round Kick-Axe Kick ( <i>partner slide back during first kick on steps 1-6</i> ) |                       |                               |
| 2. Fast Kick-Axe Kick   | 4. Push Kick-Axe Kick | 6. Axe Kick-Apbal Double Kick |
| 3. Cut Kick-Axe Kick  | 5. Push Kick-Axe Kick |                               |

### Reaction Drills 15 minutes

*Pair up and utilize Sparring Gear*

*Partner slides back during first kick/counters second kick on steps 1-4*

- |  |                               |
|--|-------------------------------|
| 1. Round Kick-Axe Kick   | 3. Cut Kick-Axe Kick          |
| 2. Fast Kick-Axe Kick  | 4. Push Kick - Axe Kick       |
| <i>(Partner backs during first kick/counters/receives second kick on step 5-6,</i> |                               |
| 5. Axe Kick-Double Kick  | 6. Axe Kick-Apbal Double Kick |

### Cool Down 5 minutes

Notes:

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## CLASS 26

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick-Axe Kick/Fast Kick-Axe Kick
2. Cut Kick-Axe Kick/Push Kick - Axe Kick
3. Axe Kick-Double Kick/Axe Kick-Apbal Double Kick

### Target Drills 10 minutes

*Pair up and utilize Focus Target*

1. Round Kick-Axe/Kick-Fast Kick-Axe Kick
2. Cut Kick-Axe Kick/Push Kick - Axe Kick
3. Axe Kick-Double Kick/Axe Kick-Apbal Double Kick

### Partner Drills 10 minutes

*Pair up and utilize Sparring Gear*

- Partner slides back during each first kick*
1. Round Kick-Axe Kick /Fast Kick-Axe Kick
  2. Cut Kick-Axe Kick/Push Kick - Axe Kick
  3. Axe Kick-Double Kick/Axe Kick-Apbal Double Kick

### Reaction Drills 15 minutes

*Pair up and utilize Sparring Gear*

*Partner slides back during first kick and counters second kick*

1. Round Kick-Axe Kick /Fast Kick-Axe Kick
2. Cut Kick-Axe Kick/Push Kick-Axe Kick
3. Axe Kick-double Kick/Axe Kick-Apbal Double Kick

### Cool Down 5 minutes

Notes:

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# CLASS 27

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills

10 minutes

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1. Round Kick-Skip Axe Kick | 4. Push Kick-Skip Axe Kick         |
| 2. Fast Kick-Skip Axe Kick  | 5. Skip Axe Kick-Double Kick       |
| 3. Cut Kick-Skip Axe Kick   | 6. Skip Axe Kick-Apbal Double Kick |

## Target Drills

*Pair up and utilize Focus Target*

10 minutes

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1. Round Kick-Skip Axe Kick | 4. Push Kick-Skip Axe Kick         |
| 2. Fast Kick-Skip Axe Kick  | 5. Skip Axe Kick-Double Kick       |
| 3. Cut Kick-Skip Axe Kick   | 6. Skip Axe Kick-Apbal Double Kick |

## Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

- |  |                                    |
|--|------------------------------------|
| 1. Round Kick-Skip Axe Kick ( <i>partner slide back during first kick on steps 1-6</i> ) |                                    |
| 2. Fast Kick-Skip Axe Kick   |                                    |
| 3. Cut Kick-Skip Axe Kick  | 5. Skip Axe Kick-Double Kick       |
| 4. Push Kick Skip Axe Kick   | 6. Skip Axe Kick-apbal Double Kick |

## Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

*(partner slides back during first kick/counters second kick on steps 1-4)*

- |   |                                    |
|---|------------------------------------|
| 1. Round Kick-Skip Axe Kick   | 3. Cut Kick-Skip Axe Kick          |
| 2. Fast Kick-Skip Axe Kick  | 4. Skip Axe Kick-Double Kick       |
| <i>(partner slides back during first kick/counters/receives second kick on steps 5-6)</i> |                                    |
| 5. Skip Axe Kick-Double Kick  | 6. Skip Axe Kick-Apbal Double Kick |

## Cool Down

5 minutes

Notes:

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# CLASS 28

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills

10 minutes

1. Round Kick-Skip Axe Kick/Fast Kick-Skip Axe Kick
2. Cut Kick-Skip Axe Kick/Push Kick- Skip Axe Kick
3. Skip Axe Kick-Double Kick/Skip Axe Kick-Apbal Double Kick

## Target Drills

*Pair up and utilize Focus Target*

10 minutes

1. Round Kick-Skip Axe Kick/Fast Kick-Skip Axe Kick
2. Cut Kick-Skip Axe Kick/Push Kick -Skip Axe Kick
3. Skip Axe Kick-Double Kick/Skip Axe Kick-Apbal Double Kick

## Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

*(partner slide back during first kick on steps 1-3)*

1. Round Kick-Skip Axe Kick/Fast Kick-Skip Axe Kick
2. Cut Kick-Skip Axe Kick/Push Kick-Skip Axe Kick
3. Skip Axe Kick-Double Kick /Skip Axe Kick-Apbal Double Kick

## Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

*(partner slide back during first kick/counter second kick on steps 1-2)*

1. Round Kick-Skip Axe Kick/Fast Kick-Skip Axe Kick
2. Cut Kick-Skip Axe Kick/Push Kick Skip Axe Kick
3. Skip Axe Kick-Double Kick/Skip Axe Kick-Apbal Double Kick (*partner slides back during first kick/counters and receives second kick*)

## Cool Down

5 minutes

Notes:

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# CLASS 29

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills 10 minutes

- |                               |                              |                                 |
|-------------------------------|------------------------------|---------------------------------|
| 1. Step In Back Kick          | 4. Side Back Kick            | 7. Cut Kick-Side Back Kick      |
| 2. Step & Lift Foot Back Kick | 5. Round Kick-Side Back Kick | 8. Skip Axe Kick-Side Back Kick |
| 3. 360° Back Kick             | 6. Fast Kick-Side Back Kick  |                                 |

## Target Drills Pair up and utilize Body Shield 10 minutes

- |                               |                              |                                 |
|-------------------------------|------------------------------|---------------------------------|
| 1. Step In Back Kick          | 4. Side Back Kick            | 7. Cut Kick-Side Back Kick      |
| 2. Step & Lift Foot Back Kick | 5. Round Kick-Side Back Kick | 8. Skip Axe Kick-Side Back Kick |
| 3. 360° Back Kick             | 6. Fast Kick-Side Back Kick  |                                 |

## Partner Drills Pair up and utilize Sparring Gear 10 minutes

*Partner slides back and evades both kicks on steps 1-4*

- |                              |                                 |
|------------------------------|---------------------------------|
| 1. Round Kick-Side Back Kick | 3. Cut Kick-Side Back Kick      |
| 2. Fast Kick-Side Back Kick  | 4. Skip Axe Kick-Side Back Kick |

## Reaction Drills Pair up and utilize Sparring Gear 15 minutes

1. Round Kick- Side Back Kick (*partner slides back and receives second kick*)
2. Fast Kick-Side Back Kick (*partner slides back and evades both kicks & counters*)
3. Cut Kick-Side Back Kick (*partner slides back and receives second kick*)
4. Skip Axe Kick-Side Back Kick (*partner slides back and evades both kicks & counters*)

## Cool Down 5 minutes

Notes:

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# CLASS 30

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

## Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

## Air Kick Drills 10 minutes

1. Round Kick-Side Back Kick/Fast Kick-Side Back Kick
2. Cut Kick-Side Back Kick/Skip Axe Kick-Side Back Kick

## Target Drills Pair up and utilize Body Shield 10 minutes

1. Round Kick-Side Back Kick/Fast Kick-Side Back Kick
2. Cut Kick-Side Back Kick/Skip Axe Kick-Side Back Kick

## Partner Drills Pair up and utilize Sparring Gear 10 minutes

*(partner slides back and evades both kicks)*

1. Round Kick-Side Back Kick/Fast Kick-Side Back Kick
2. Cut Kick-Side Back Kick/Skip Axe Kick-Side Back Kick

## Reaction Drills Pair up and utilize Sparring Gear 15 minutes

1. Round Kick- Side Back Kick (*partner slides back and receives second kick*)/Fast Kick-Side Back Kick (*partner slides back and evades both kicks and counters*)
2. Cut Kick-Side Back Kick (*partner slides back and receives second kick*)/Skip Axe Kick-Side Back Kick (*partner slides back and evades both kicks and counters*)

## Cool Down 5 minutes

Notes:

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# CLASS 31

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. Skip In Back Kick      4. Round Kick-Cut Back Kick      7. Skip Axe Kick-Cut Back Kick  
2. Skip & Lift Foot Back Kick      5. Fast Kick-Cut Back Kick  
3. Cut Back Kick      6. Push Kick-Cut Back Kick

**Target Drills** *Pair up and utilize Body Shield* 15 minutes  
1. Skip In Back Kick      4. Round Kick-Cut Back Kick      7. Skip Axe Kick-Cut Back Kick  
2. Skip & Lift Foot Back Kick      5. Fast Kick-Cut Back Kick  
3. Cut Back Kick      6. Push Kick-Cut Back Kick

**Partner Drills** *Pair up and utilize Sparring Gear* 10 minutes  
*(partner slides back and evades both kicks)*  
1. Round Kick-Cut Back Kick      3. Push Kick-Cut Back Kick  
2. Fast Kick-Cut Back Kick      4. Skip Ave Kick-Cut Back Kick

**Reaction Drills** *Pair up and utilize Sparring Gear* 10 minutes  
1. Round Kick-Cut Back Kick *(partner slides back/receives second kick)*  
2. Fast Kick-Cut Back Kick *(partner slides back/evades both kicks/counters)*  
3. Push Kick-Side Back Kick *(partner slides back/receives second kick)*  
4. Skip Axe Kick-Cut Back Kick *(partner slides back and evades both kicks and counters)*

**Cool Down** 5 minutes

Notes:  
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# CLASS 32

**Necessary Equipment:** Focus Targets and Sparring Gear, Wavemaster®  
Optional

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. Round Kick-Cut Back Kick/Fast Kick-Cut Back Kick  
2. Push Kick-Cut Back Kick/Skip Axe Kick-Cut Back Kick

**Target Drills** *Pair up and utilize Focus Target/Wavemaster®* 10 minutes  
1. Round Kick-Cut Back Kick/Fast Kick-Cut Back Kick  
2. Push Kick-Cut Back Kick/Skip Axe Kick-Cut Back Kick

**Partner Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Round Kick-Cut Back Kick *(partner slides back and evades both kicks)*/Fast Kick-Cut Back Kick *(partner slides back and evades both kicks)*  
2. Push Kick-Cut Back Kick *(partner slides back and evades both kicks)*/Skip Axe Kick-Cut Back Kick *(partner slides back and evades both kicks)*

**Reaction Drills** *Pair up and utilize Sparring Gear* 10 minutes  
1. Round Kick-Cut Back Kick *(partner slides back and receives second kick)*/Fast Kick-Cut Back Kick *(partner slides back and evades both kicks and counters)*  
2. Push Kick-Side Back Kick *(partner slides back and receives second kick)*/Skip Axe Kick-Cut Back Kick *(partner slides back and evades both kicks and counters)*

**Cool Down** 5 minutes

Notes:  
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## CLASS 33

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick Continuously
3. Step Round Kick-Round Kick-Step Back Double Kick
4. Step Round Kick-Round Kick-Skip Back Apbal Double Kick

### Target Drills

*Pair up and utilize Focus Target*

10 minutes

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick Continuously
3. Step Round Kick-Round Kick-Step Back Double Kick
4. Step Round Kick-Round Kick-Skip Back Apbal Double Kick

### Partner Drills

*Pair up and utilize Sparring Gear*

15 minutes

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick Continuously
3. Step Round Kick-Round Kick-Step Back Double Kick
4. Step Round Kick-Round Kick-Skip Back Apbal Double Kick

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

*(partner steps defensively and counters each second kick on steps 1-2)*

1. Round Kick-Round Kick/Step Round Kick-Round Kick
2. Step Round Kick-Round Kick Continuously
3. Step Round Kick-Round Kick-Step Back Double Kick
4. Step Round Kick-Round Kick-Skip Back Apbal Double Kick

### Cool Down

5 minutes

Notes:



## CLASS 34

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills (with Partner)

20 minutes

1. Skip Forward-Skip Backward Padachugi (*partner kicks on first Skip motion*)/Skip Backward-Skip forward- Round Kick (*partner kicks before first Skip motion*)
2. Step Forward-Skip Forward-Round Kick (*partner receives attacks no counter*)/Skip Forward-Step Forward-Round Kick (*partner receives attacks no counter*)
3. Step Forward-Skip Forward-Fast Kick (*partner receives attacks no counter*)/Skip Forward-Step Forward-Fast Kick (*partner receives attacks no counter*)
4. Skip Backward-Step Backward-Fast Kick (*partner kicks on each Skip motion*)/Step Backward-Skip Backward-Fast Kick (*partner kicks on each Skip motion*)

### Partner Drills

*Pair up and utilize Sparring Gear*

25 minutes

1. Skip Forward-Double Kick-Skip Backward-Apbal Double (*partner kicks after first double kick*)/Skip Backward-Apbal Double-Skip Forward-Double Kick (*partner kicks before first Skip motion*)
2. Step Forward-Skip Forward-Double Kick (*partner receives attacks no counter*)/Skip Forward-Step Forward-Apbal Double Kick (*partner receives attacks no counter*)
3. Step Forward-Skip Forward-Apbal Double Kick (*partner receives attack no counter*)/Skip Forward-Step Forward-Double Kick (*partner receives attacks no counter*)
4. Skip Backward-Step Backward-Apbal Double Kick (*partner kicks on each Skip motion*)/Step Backward-Skip Backward-Apbal Double Kick (*partner kicks on each Skip motion*)

### Cool Down

5 minutes

Notes:



## CLASS 35

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Cut Kick-Nadabon/Push Kick-Apbal-Apbal Double
2. Nadabon-Step Back Nadabon
3. Round Kick-Nadabon-Step Back Nadabon

### Target Drills *Pair up and utilize Focus Target* 10 minutes

1. Cut Kick-Nadabon/Push Kick-Apbal-Apbal Double
2. Nadabon-Step Back Nadabon
3. Round Kick-Nadabon-Step Back Nadabon-Back Kick

### Partner Drills *Pair up and utilize Sparring Gear* 15 minutes

- (partner matches motion on steps 1-3)*
1. Cut Kick-Nadabon/Push Kick-Apbal-Apbal Double
  2. Nadabon-Step Back Nadabon
  3. Round Kick-Nadabon-Step Back Nadabon-Back Kick

### Reaction Drills *Pair up and utilize Sparring Gear* 10 minutes

- (partner matches motion and counters on steps 1-3)*
1. Cut Kick-Nadabon/Push Kick-Apbal-Apbal Double
  2. Nadabon-Step Back Nadabon
  3. Round Kick-Nadabon-Step Back Nadabon-Back Kick

### Cool Down 5 minutes

Notes:



## CLASS 36

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick-Double Kick
2. Round Kick-Double Kick-Round Kick
3. Round Kick-Double Kick-Switch Step Round Kick

### Target Drills *Pair up and utilize Focus Target* 15 minutes

1. Round Kick-Double Kick
2. Round Kick-Double Kick-Round Kick
3. Round Kick-Double Kick-Switch Step Round Kick

### Partner/Reaction Drills *Pair up and utilize Sparring Gear* 20 minutes

1. Round Kick-Double Kick *(partner receives)*
2. Round Kick-Double Kick *(partner counters double kick with back kick)*
3. Round Kick-Double Kick-Round Kick *(partner counters double kick with back kick and receives final kick)*
4. Round Kick-Double Kick-Switch Step Round Kick *(partner counters final kick)*

### Cool Down 5 minutes

Notes:



# CLASS 37

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Side Back Kick-Cut Back Kick</li> <li>2. Cut Back Kick-Side Back Kick</li> <li>3. Back Kick-Back Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target/Wavemaster®</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Side Back Kick-Cut Back Kick-Back Kick</li> <li>2. Cut Back Kick-Side Back Kick-Back Kick</li> <li>3. Nadabon-Back Kick</li> <li>4. Back Kick-Nadabon</li> <li>5. Nadabon-Step Back Nadabon</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Cut Kick-Skip Axe Kick-Side Back Kick (<i>partner matches motion and receives final kick</i>)</li> <li>2. Cut Kick-Skip Axe Kick-Side Back Kick (<i>partner matches motion and counters final kick</i>)</li> <li>3. Cut Kick-Skip Axe Kick-Side Back Kick (<i>partner matches, counters axe kick, receives final kick</i>)</li> <li>4. Round Kick-Side Back Kick (<i>partner draws back and attempts round kick counter</i>)</li> <li>5. Round Kick-Side Back Kick-Draw Back Apbal (<i>partner draws back and round kick counter against second kick</i>) attacker receives counter and recounters with Apbal</li> <li>6. Round Kick-Side Back Kick-Draw Back Apbal (<i>partner draws back and attempts round kick counter against second kick missing</i>) attacker receives counter and recounters with Apbal</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 38

**Necessary Equipment:** Body Shield, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Side Back Kick-Cut Back Kick</li> <li>2. Cut Back Kick-Side Back Kick</li> <li>3. Back Kick-Back Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Body Shield/Wavemaster®</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Side Back Kick-Cut Back Kick-Back Kick</li> <li>2. Cut Back kick-Side Back Kick-Back Kick</li> <li>3. Nadabon-Back Kick</li> <li>4. Back Kick-Nadabon</li> <li>5. Nadabon-Step Back Nadabon</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<i>(partner matching motion and countering final kicks)</i>		
<ol style="list-style-type: none"> <li>1. Cut Kick-Skip Axe Kick-Side Back Kick- Partners Match Motion  A.Partner receives Back Kick B.Partner counters Back Kick C.Partner receives Ax -counters Back Kick.</li> <li>2. Round Kick - Side Back Kick Partner draws back - attempts Round Kick counter</li> <li>3. Cut Kick - Skip Axe Kick - Side Back Kick - Draw Back Apbal - Attacker recounters with Apba</li> <li>4. Round Kick - Side Back Kick - Draw Back Apbal - Attacker receives and counters wi Apba  A.Partner matches motion and counters final kick B.Partner draws back &amp; attempts round kick counter</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 39

**Necessary Equipment:** Wavemaster® and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
1. Round Kick/Round Kick-Round Kick/Double Kick 2. Fast Kick/Fast Kick-Fast Kick/Apbal Double 3. Apbal-Padachugi-Step Back Padachugi	

<b>Target Drills</b>	<i>Pair up and utilize Wavemaster®</i>	<b>15 minutes</b>
1. Round Kick vs Padachugi                      4. Fast Kick vs Apbal 2. Round Kick (Padachugi) Round Kick        5. Fast Kick (Apbal) Apbal 3. Round Kick (Padachugi) Double Kick        6. Fast Kick (Apbal) Apbal Double		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
1. Round Kick vs Padachugi                      4. Fast Kick vs Apbal 2. Round Kick (Padachugi) Round Kick        5. Fast Kick (Apbal) Apbal 3. Round Kick (Padachugi) Double Kick        6. Fast Kick (Apbal) Apbal Double		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 40

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
1. Round Kick-Nadabon-Nadabon in the Air 2. Nadabon-Switch Step Nadabon 3. Apbal-Padachugi-Step Back Padachugi into Back Whip Kick	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>15 minutes</b>
1. Round Kick-Back Kick 2. Round Kick (Back Kick) Round Kick 3. Round Kick (Back Kick) Round Kick (Jump Back Kick) 4. Nadabon Match Nadabon		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
1. Round Kick (Back Kick) Round Kick 2. Round Kick (Back Kick) Round Kick (Jump Back Kick) 3. Round Kick vs Back Kick Whip Kick 4. Round Kick (Back Kick-Whip Kick) Round Kick 5. Round Kick (Back Kick-Whip Kick) Round Kick (Jump Back Kick)		

<b>Cool Down</b>	<b>5 minutes</b>
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# CLASS 41

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. No Motion Check  
2. Motion Check  
3. Motion Check Motion

**Target Drills** *Pair up and utilize Focus Target* 15 minutes  
1. No Motion Check-Round Kick  
2. Motion Check-Round Kick  
3. Motion Check Motion-Round Kick

**Partner Drills** *Pair up and utilize Sparring Gear* 10 minutes  
1. No Motion Check Round Kick  
2. Motion Check-Round Kick  
3. Motion Check Motion-Round Kick

**Optional Reaction Drills** *Pair up and utilize Sparring Gear* 10 minutes  
1. Round Kick vs Padachugi  
2. Round Kick (Padachugi) Round Kick  
3. Round Kick (Padachugi) Double Kick  
4. Fast Kick vs Apbal  
5. Fast Kick vs Apbal  
6. Fast Kick (Apbal) Apbal  
7. Fast Kick (Apbal) Apbal  
8. Fast Kick (Apbal) Apbal  
9. Fast Kick (Apbal) Apbal Double

**Cool Down** 5 minutes

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# CLASS 42

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. No Motion-Check  
2. Motion-Check  
3. Motion-Check-Motion  
4. No Motion-Check-Round Kick  
5. Motion-Check-Round Kick  
6. Motion-Check-Motion-Round Kick  
7. No Motion-Check-Fast Kick  
8. Motion-Check-Fast Kick  
9. Motion-Check-Motion-Fast Kick

**Target Drills** *Pair up and utilize Focus Target* 20 minutes  
1. No Motion-Check-Round Kick  
2. No Motion-Check-Fast Kick  
3. Motion-Check-Round Kick  
4. Motion-Check-Fast Kick  
5. Motion-Check-Motion-Round Kick  
6. Motion-Check-Motion-Fast Kick

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 15 minutes  
*Partner pauses on check on steps 1-4*  
1. No Motion Check-Round Kick  
2. No Motion Check-Fast Kick  
3. Motion-Check-Round Kick  
4. Motion-Check-Fast Kick  
*(Partner pauses at will on steps 5-6)*  
5. Motion-Check-Motion-Round Kick  
6. Motion-Check-Motion-Fast Kick

**Cool Down** 5 minutes

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## CLASS 43

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. No Motion-Check-Motion-Check
2. Motion-Check-Motion
3. No Motion-Check-Round Kick/Motion-Check-Round Kick
4. Motion-Check-Motion-Round Kick/No Motion-Check-Fast Kick
5. Motion-Check-Fast Kick/No-Motion-Check-Motion-Fast Kick

### Target Drills

*Pair up and utilize Focus Target*

20 minutes

1. No Motion-Check-Round Kick/No Motion-Check-Fast Kick
2. Motion-Check-Round Kick/Motion-Check-Fast Kick
3. Motion-Check-Motion-Round Kick-Motion-Check-Motion-Fast Kick

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

*(partner pauses on check after each combination on steps 1-2)*

1. No Motion Check-Round Kick/No Motion Check-Fast Kick
2. Motion-Check-Round Kick/Motion-Check-Fast Kick  
*(partner pauses at will after each combination on step 3)*
3. Motion-Check-Motion-Round Kick/Motion-Check-Motion-Fast Kick

### Cool Down

5 minutes

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## CLASS 44

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. No Motion-Check-Round Kick/Motion-Check-Fast Kick
2. Motion-Check-Motion-Round Kick/No Motion-Check-Fast Kick
3. Motion-Check-Fast Kick/Motion-Check-Motion-Fast Kick

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. No Motion-Check-Round Kick/No Motion-Check-Fast Kick
2. Motion-Check-Round Kick/Motion-Check-Fast Kick
3. Motion-Check-Motion-Round Kick/Motion-Check-Motion-Fast Kick
4. No-Motion Check-Round Kick /Motion-Check-Fast Kick *(partner gives target on check after each combination on steps 4-5)*
5. Motion-Check-Round Kick /Motion-Check-Fast Kick
6. Motion-Check-Motion-Round Kick /Motion-Check-Motion-Fast Kick *(partner gives target at will after each combination)*

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. No Motion Check-Round Kick OR No Motion Check -Fast Kick *(partner pauses on check after each combination on steps 1-2)*
2. Motion-Check-Round Kick OR Motion-Check-Fast Kick
3. Motion-Check-Motion-Round Kick OR Motion-Check-Motion-Fast Kick *(partner pauses at will after each combination)*

### Cool Down

5 minutes

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# CLASS 49

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** **10 minutes**  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** **15 minutes**  
1. Step In-Step Out-Skip In-Step In      4. Round Kick-Step Out-Skip Axe-Double Kick  
2. Round Kick-Step Out-Fast Kick-Round Kick      5. Round Kick-Step Out-Cut Kick-Side Back Kick  
3. Round Kick-Step Out-Apbal- Double Kick      6. Step Round Kick

**Target Drills** *Pair up and utilize Focus Target* **10 minutes**  
1. Step-In-Step out-Skip In-Step In      4. Round Kick-Step Out-Skip Axe-Double Kick  
2. Round Kick-Step Out-Fast Kick-Round Kick      5. Round Kick-Step Out-Cut Kick-Side Back Kick  
3. Round Kick-Fast Kick      6. Step Round Kick  
**(Repeat drills for variable combination kicking on targets called by instructor)**

**Partner Drills** *Pair up and utilize Sparring Gear* **10 minutes**  
1. Step In-Step Out-Skip in-Step In      4. Round Kick-Step Out-Skip Axe-Double Kick  
2. Round Kick-Step Out-Fast Kick-Round Kick      5. Round Kick-Step Out-Cut Kick-Side Back Kick  
3. Round Kick-Step Out-Apbal-Double Kick      6. Step Round Kick  
**(To repeat-call out drills in random order to repeat in various combinations)**

**Reaction Drills** *Pair up and utilize Sparring Gear* **10 minutes**  
*Choose any of the variations from the Partner drills*  
*Allow Students to perform drill randomly to encourage freestyle thinking*

**Cool Down** **5 minutes**

Notes:  
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# CLASS 50

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** **10 minutes**  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** **15 minutes**  
1. Step In-Round Kick-Step Round Kick  
2. Step In-Round Kick-Round Kick-Double Kick  
3. Step In-Step In-Fast Kick-Step In-Fast Double Kick  
4. Step In-Round Kick-Axe Kick-Push Kick-Step Round Kick  
**(Repeat above drills by calling out combination kicks at random)**

**Target Drills** *Pair up and utilize Focus Target* **15 minutes**  
1. Step In-Round Kick-Step Round Kick  
2. Step In-Round Kick-Round Kick-Double Kick  
3. Step In-Step In-Fast Kick-Step In-Fast Double Kick  
4. Step In-Round Kick-Axe Kick-Push Kick-Step Round Kick  
**(Repeat drills for variable combination kicking on targets called by instructor)**

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* **15 minutes**  
1. Step In-Step Out- Skip In Step In  
2. Round Kick-Step Out-Fast Kick Round Kick  
3. Round Kick-Step out- Apbal Double Kick  
4. Round Kick-Step Out-Skip Axe-Double Kick  
5. Round Kick-Step Out-Cut Kick-Side Back Kick  
6. Step Round Kick  
**(Repeat above drills by requiring partners to initiate one of the drills at random)**  
**(Repeat for variable combination kicking partner initiated by attacker)**

**Cool Down** **5 minutes**

Notes:  
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## CLASS 51

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Skip In-Skip Out-Step In Step In
2. Fast Kick-Skip Out-Round Kick Round Kick
3. Fast Kick-Skip Out-Double Kick
4. Fast Kick-Skip Out-Push Kick-Double Kick
5. Fast Kick-Skip Out-Apbal-Side Back Kick
6. Skip Round Kick \* Instructor call out drills to students

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. Skip In-Skip Out-Step In Step In
2. Fast Kick-Skip Out-Round Kick Round Kick
3. Fast Kick-Skip Out-Double Kick
4. Fast Kick-Skip Out-Push Kick-Double Kick
5. Fast Kick-Skip Out-Apbal-Side Back Kick
6. Skip Round Kick

**(Repeat drills for variable combination kicking on targets called by instructor)**

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

*(Repeat variable partner drills requiring partners to initiate attack)*

### Cool Down

5 minutes

Notes:

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## CLASS 52

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Check-Skip Out-Step In Step In
2. Check-Skip Out-Step In Spin In
3. Check-Apbal-Round Kick, Round Kick
4. Check-Apbal-Padachugi-Round Kick
5. Check-Apbal-Round Kick-Back Kick
6. Check-Apbal-Round Kick Nadabon

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. Check-Skip Out-Step in Step In
2. Check-Skip Out-Step In Spin In
3. Check-Apbal-Round Kick, Round Kick
4. Check-Apbal-Padachugi-Round Kick
5. Check-Apbal-Round Kick-Back Kick
6. Check-Apbal-Round Kick Nadabon

**(Repeat drills for variable combination kicking on targets called by instructor)**

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

*(Repeat variable partner drills requiring partners to initiate attack and permitting counters with various techniques)*

### Cool Down

5 minutes

Notes:

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# CLASS 53

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes

1. Lift Leg	
2. Round Kick Check	4. Slide In Cover Punch
3. Back Kick Check	5. Slide Back

**Additional Air Kick Drills**

1. Apbal	4. Back Whip Kick
2. Padachugi	5. Cover Punch
3. Back Kick	6. Slide Back

**Target Drills** *Pair up and utilize Focus Target* 15 minutes

1. Apbal	4. Back Whip Kick
2. Padachugi	5. Cover Punch
3. Back Kick	6. Slide Back

**(Repeat drills for variable combination kicking on targets called by instructor)**

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 20 minutes

1. Apbal	4. Back Whip Kick
2. Padachugi	5. Cover Punch
3. Back Kick	6. Slide Back

**Repeat for variable combination kicking partner initiated by attacker**

**Cool Down** 5 minutes

Notes:  
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# CLASS 54

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes

1. Lift Leg Rear Lift	
2. Double Kick Lift	4. Slide In Cover Punch Kick
3. Cut Back Kick Lift	5. Slide Back Apbal Double

**Repeat for combination kicking in the air called by instructor**

**Target Drills** *Pair up and utilize Focus Target* 15 minutes

1. Apbal Double	
2. Double Kick Padachugi	4. Slide In Cover Punch Round Kick
3. Cut Back Kick	5. Slide Back Apbal Double

**(Repeat drills for variable combination kicking on targets called by instructor)**

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 20 minutes

1. Apbal Double	
2. Double Kick Padachugi	4. Slide In Cover Punch Round Kick
3. Cut Back Kick	5. Slide Back Apbal Double

**Repeat for variable combination kicking partner initiated by attacker**

**Cool Down** 5 minutes

Notes:  
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## CLASS 55

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. Round Kick
2. Padachugi
3. Slide and Change in Place Padachugi
4. Slide and Change in Place Padachugi
5. Step Back Padachugi

(Repeat for combination kicking in the air called by instructor)

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. Round Kick
2. Padachugi
3. Slide and Change in Place Padachugi
4. Slide and Change in Place Padachugi
5. Step Back Padachugi

(Repeat drills for variable combination kicking on targets called by instructor)

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

Repeat for variable combination kicking partner initiated by attacker and repeat for reaction

### Cool Down

5 minutes

Notes:

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## CLASS 56

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Apbal
2. Draw Back Apbal
3. Draw and Slide Back Apbal
4. Step Back Apbal

Repeat for combination kicking in the air called by instructor

### Target Drills

*Pair up and utilize Focus Target*

20 minutes

1. Apbal
2. Draw Back Apbal
3. Draw and Slide Back Apbal
4. Step Back Apbal

Repeat drills for variable combination kicking on targets called by instructor

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

1. Apbal (*partner provides initial attack on steps 1-4*)
2. Draw Back Apbal
3. Draw and Slide Back Apbal
4. Step Back Apbal

### Cool Down

5 minutes

Notes:

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## CLASS 57

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. Round Kick-Round Kick
2. Padachugi-Padachugi
3. Slide Back Padachugi-Padachugi
4. Slide and Change in Place Padachugi-Padachugi
5. Step Back Padachugi-Padachugi

(Repeat for combination kicking in the air called by instructor)

### Target Drills

*Pair up and utilize Focus Target*

10 minutes

1. Round Kick-Round Kick
2. Padachugi-Padachugi
3. Slide Back Padachugi-Padachugi
4. Slide and Change in Place Padachugi-Padachugi
5. Step Back Padachugi-Padachugi

(Repeat drills for variable combination kicking on targets called by instructor)

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. Round Kick-Round Kick (*partner matches steps on 1-5*)
2. Padachugi-Padachugi
3. Slide Back Padachugi-Padachugi
4. Slide and Change in Place Padachugi-Padachugi
5. Step Back Padachugi-Padachugi

(Repeat drills for variable combination kicking partner initiated by attacker)

(Repeat variable reaction kicking partner initiated by attacker)

### Cool Down

5 minutes

Notes:



## CLASS 58

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow up to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Apbal-Padachugi
2. Draw Back Apbal-Padachugi
3. Draw and Slide Back Apbal-Padachugi
4. Step Back Apbal-Padachugi

(Repeat for combination kicking in the air called by instructor)

### Target Drills

*Pair up and utilize Focus Target*

20 minutes

1. Apbal-Padachugi
2. Draw Back Apbal-Padachugi
3. Draw and Slide Back Apbal-Padachugi
4. Step Back Apbal-Padachugi

(Repeat drills for variable combination kicking on targets called by instructor)

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

1. Apbal-Padachugi (*partner matches steps on 1-5*)
2. Draw Back Apbal-Padachugi
3. Draw and Slide Back Apbal-Padachugi
4. Step Back Apbal-Padachugi

(Repeat drills for variable combination kicking partner initiated by Attacker)

(Repeat drills for variable reaction kicking partner initiated by Attacker)

### Cool Down

5 minutes

Notes:



## CLASS 59

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Partner Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. No Motion Check-Round Kick
2. Motion Check-Round Kick
3. Motion Check Motion-Round Kick

### Reaction Drills

*Pair up and utilize Sparring Gear*

25 minutes

1. Round Kick vs Padachugi
2. Round Kick (Padachugi) Round Kick
3. Round Kick (Padachugi) Double Kick

#### *Optional Reaction Drills*

1. Fast Kick vs Apbal
2. Fast Kick (Apbal) Apbal
3. Fast Kick (Apbal) Apbal Double

### Cool Down

5 minutes

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## CLASS 60

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Partner Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. No Motion-Apbal
2. Motion-Apbal
3. No Motion Check-Apbal
4. Motion Check-Apbal

### Reaction Drills

*Pair up and utilize Sparring Gear*

25 minutes

1. Fast Kick vs Apbal
2. Fast Kick (Apbal) Round Kick
3. Fast Kick (Apbal) Apbal Double Kick

#### **Optional Reaction Drills**

1. Fast Kick vs Apbal
2. Fast Kick (Apbal) Apbal
3. Fast Kick (Apbal) Apbal Double

### Cool Down

5 minutes

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## CLASS 61

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

25 minutes

1. No Motion Check-Cover Punch
2. Motion Check-Cover Punch
3. Motion Check Motion-Cover Punch

### Partner Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. Round Kick vs Cover Punch
2. Round Kick (Padachugi) Cover Punch
3. Round Kick (Cover Punch) Double Kick

#### *Optional Partner Drills*

1. Fast Kick vs Cover Punch
2. Fast Kick (Apbal) Cover Punch
3. Fast Kick (Cover Punch) Apbal Double

### Cool Down

5 minutes

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## CLASS 62

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. No Motion Check-Cover Punch-Round Kick
2. Motion Check-Cover Punch-Round Kick
3. Motion Check Motion-Cover Punch-Round Kick

### Partner Drills

*Pair up and utilize Sparring Gear*

30 minutes

1. No Motion Check-Cover Punch (*partner gives target on check*)-Round Kick
2. Motion-Check-Cover Punch (*partner gives target on check*) - Round Kick
3. Motion-Check-Motion-Cover Punch (*partner gives target at will*)-Round Kick

#### *Optional Kicking with chest protector partner for timing*

1. Round Kick vs Cover Punch
2. Round Kick (Padachugi) Cover Punch
3. Round Kick (Cover Punch) Double Kick

#### *Optional Partner Drills*

1. Fast Kick vs Cover Punch
2. Fast Kick (Apbal) Cover Punch
3. Fast Kick (Cover Punch) Apbal Double

### Cool Down

5 minutes

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## CLASS 63

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. No Motion Check-Cover Punch
2. Motion Check-Cover Punch
3. Motion Check Motion-Cover Punch

### Partner Drills *Pair up and utilize Sparring Gear* 35 minutes

1. No Motion Check-Cover Punch (*partner gives target on check*)
2. Motion-Check-Cover Punch (*partner gives target on check*)
3. Motion-Check-Motion-Cover Punch (*partner gives target at will*)

#### *Optional Partner Drills*

1. Fast Kick vs Cover Punch
2. Fast Kick (Apbal) Cover Punch
3. Fast Kick (Cover Punch) Double Kick

### Cool Down 5 minutes

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## CLASS 64

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 20 minutes

1. No Motion Check-Cover Punch-Round Kick
2. Motion Check-Cover Punch-Round Kick
3. Motion Check Motion-Cover Punch-Round Kick

### Partner/Reaction Drills *Pair up and utilize Sparring Gear* 25 minutes

1. No Motion Check-Cover Punch (*partner gives target on check*) - Round Kick
2. Motion-Check Cover Punch (*partner gives target on check*) - Round Kick
3. Motion-Check-Motion-Cover Punch (*partner gives target at will*) - Round Kick

### Cool Down 5 minutes

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## CLASS 65

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick-Cover Punch-Round Kick
2. Fast Kick-Cover Punch-Round Kick
3. Step In-Cover Punch-Round Kick
4. Skip In-Cover Punch-Round Kick

### Target Drills *Pair up and utilize Focus Target* 15 minutes

1. Round Kick-Cover Punch-Round Kick
2. Fast Kick-Cover Punch-Round Kick
3. Step In-Cover Punch-Round Kick
4. Skip In-Cover Punch-Round Kick

### Partner Drills *Pair up and utilize Sparring Gear* 10 minutes

1. Round Kick-Cover Punch-Round Kick (*partner Padachugi and receives*)
2. Fast Kick-Cover Punch-Round Kick (*partner Padachugi and receives*)
3. Step-Cover Punch-Round Kick (*partner Padachugi and receives*)
4. Skip In-Cover Punch-Round Kick (*partner Padachugi and receives*)

### Reaction Drills *Pair up and utilize Sparring Gear* 10 minutes

1. Round Kick-Cover Punch-Round kick (*partner Padachugi and receives*) OR
2. Fast Kick-Cover Punch-Round Kick (*partner Padachugi and receives*) OR
3. Step-Cover Punch-Round Kick (*partner Padachugi and receives*) OR
4. Skip In-Cover Punch-Round Kick (*partner Padachugi and receives*) OR

### Cool Down 5 minutes

Notes:



## CLASS 66

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Fast Kick-Round Kick
2. Apbal-Padachugi
3. Fast Kick-Double Kick
4. Apbal-Cover Punch-Double Kick

### Target Drills *Pair up and utilize Focus Target* 15 minutes

1. Fast Kick-Round Kick
2. Apbal-Padachugi
3. Fast Kick-Double Kick
4. Apbal-Cover Punch-Double Kick

### Partner Drills *Pair up and utilize Sparring Gear* 10 minutes

1. Fast Kick-Round Kick (*partner absorbs on steps 1-4*)
2. Apbal-Padachugi
3. Fast Kick-Double Kick
4. Apbal-Cover Punch-Double Kick

### Reaction Drills *Pair up and utilize Sparring Gear* 10 minutes

1. Fast Kick-Round Kick (*partner Apbal-Padachugi*)
2. Fast Kick-Double Kick (*partner Apbal-Cover Punch-Double Kick*)

### Cool Down 5 minutes

Notes:



## CLASS 67

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Fast Kick-Round Kick</li> <li>2. Front Leg Axe Kick-Cover Punch-Double Kick</li> <li>3. Check-Apbal-Back Kick</li> <li>4. Check-Double Kick-Evade</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Fast Kick-Round Kick</li> <li>2. Front Leg Axe Kick-Cover Punch-Double Kick</li> <li>3. Check-Apbal-Back Kick</li> <li>4. Check-Double Kick-Evade</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Fast Kick-Round Kick</li> <li>2. Front Leg Axe Kick-Cover Punch-Double Kick (<i>partner absorbs on steps 2-5</i>)</li> <li>3. Check-Apbal-Back Kick</li> <li>4. Check-Double Kick-Evade</li> <li>5. Check-Double Kick-Evade</li> </ol>		

<b>Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Fast Kick-Round Kick (<i>partner Front Leg Ax Kick-Cover Punch-Double Kick</i>)</li> <li>2. Check-Apbal-Back Kick (<i>partner Front Leg Ax Kick-Cover Punch-Double Kick</i>)</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 68

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick</li> <li>2. Round Kick-Cover Punch</li> <li>3. Round Kick-Back Kick</li> <li>4. Step Back Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick</li> <li>2. Round Kick-Cover Punch</li> <li>3. Round Kick-Back Kick</li> <li>4. Step Back Kick</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick (<i>partner Padachugi on steps 1-4</i>)</li> <li>2. Round Kick-Cover Punch (<i>partner Padachugi</i>)</li> <li>3. Round Kick-Back Kick</li> <li>4. Step Back Kick</li> <li>5. Step Back Kick (<i>partner avoids and counter Back Kick</i>)</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 69

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

- |                                     |                |
|-------------------------------------|----------------|
| 1. Round Kick                       | 4. Round Kick  |
| 2. Round Kick-Round Kick            | 5. Double Kick |
| 3. Round Kick-Round Kick-Round Kick | 6. Triple Kick |

### Target Drills

*Pair up and utilize Focus Target*

10 minutes

- |                                     |                |
|-------------------------------------|----------------|
| 1. Round Kick                       | 4. Round Kick  |
| 2. Round Kick-Round Kick            | 5. Double Kick |
| 3. Round Kick-Round Kick-Round Kick | 6. Triple Kick |

### Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

- |   |                |
|---|----------------|
| 1. Round Kick ( <i>partner absorbs on steps 1-6</i> ) |                |
| 2. Round Kick-Round Kick                              |                |
| 3. Round Kick-Round Kick-Round Kick                   | 5. Double Kick |
| 4. Round Kick   | 6. Triple Kick |

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

- |   |                |
|---|----------------|
| 1. Round Kick ( <i>partner Padachugi on steps 1-6</i> ) |                |
| 2. Round Kick-Round Kick                                |                |
| 3. Round Kick-Round Kick-Round Kick                     | 5. Double Kick |
| 4. Round Kick   | 6. Triple Kick |

### Cool Down

5 minutes

Notes:



## CLASS 70

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

- |                                    |                     |
|------------------------------------|---------------------|
| 1. Fast Kick                       | 4. Fast Kick        |
| 2. Fast Kick-Round Kick            | 5. Fast Double Kick |
| 3. Fast Kick-Round Kick-Round Kick | 6. Fast Triple Kick |

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

- |                                    |                     |
|------------------------------------|---------------------|
| 1. Fast Kick                       | 4. Fast Kick        |
| 2. Fast Kick-Round Kick            | 5. Fast Double Kick |
| 3. Fast Kick-Round Kick-Round Kick | 6. Fast Triple Kick |

### Partner Drills

*Pair up and utilize Sparring Gear*

10 minutes

- |  |                     |
|--|---------------------|
| 1. Fast Kick ( <i>partner absorbs on steps 1-6</i> ) | 4. Fast Kick        |
| 2. Fast Kick-Round Kick                              | 5. Fast Double Kick |
| 3. Fast Kick-Round Kick-Round Kick                   | 6. Fast Triple Kick |

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

- |  |                     |
|--|---------------------|
| 1. Fast Kick ( <i>partner Padachugi on steps 1-6</i> ) | 4. Fast Kick        |
| 2. Fast Kick-Round Kick                                | 5. Fast Double Kick |
| 3. Fast Kick-Round Kick-Round Kick                     | 6. Fast Triple Kick |

### Cool Down

5 minutes

Notes:



# CLASS 71

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick</li> <li>2. Fast Kick</li> <li>3. Cut Kick</li> <li>4. Push Kick</li> <li>5. Double Kick</li> <li>6. Fast Double Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>35 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick on on both sides</li> <li>2. Fast Kick on on both sides</li> <li>3. Cut Kick on on both sides</li> <li>4. Push Kick on on both sides</li> <li>5. Double Kick on on both sides</li> <li>6. Fast Double Kick on on both sides</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 72

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Face Round Kick</li> <li>2. Face Fast Kick</li> <li>3. Axe Kick</li> <li>4. Skip Axe Kick</li> <li>5. Back Whip Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>35 minutes</b>
<ol style="list-style-type: none"> <li>1. Face Round Kick on on both sides</li> <li>2. Face Fast Kick on on both sides</li> <li>3. Axe Kick on on both sides</li> <li>4. Skip Axe Kick on on both sides</li> <li>5. Back Whip Kick on on both sides</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 73

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Fast Kick-Apbal
2. Round Kick-Apbal
3. Fast Kick-Front Whip
4. Round Kick-Front Whip

### Target Drills *Pair up and utilize Body Shield* 20 minutes

1. Fast Kick-Apbal
2. Round Kick-Apbal
3. Fast Kick-Front Whip
4. Round Kick-Front Whip

### Partner Drills *Pair up and utilize Sparring Gear* 15 minutes

1. Round Kick-Fast Kick-Apbal
2. Fast Kick-Round Kick-Apbal
3. Round Kick-Fast Kick-Front Whip
4. Fast Kick-Round Kick-Front Whip

### Cool Down 5 minutes

Notes:

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## CLASS 74

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

- |                         |                   |
|-------------------------|-------------------|
| 1. Back Kick            |                   |
| 2. Round Kick-Back Kick |                   |
| 3. Step Back Kick       | 5. Side Back Kick |
| 4. 360 Back Kick        | 6. Cut Back Kick  |

### Target Drills *Pair up and utilize Body Shield* 20 minutes

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1. Back Kick on both sides            |                                 |
| 2. Round Kick Back Kick on both sides |                                 |
| 3. Step Back Kick on both sides       | 5. Side Back Kick on both sides |
| 4. 360 Back Kick                      | 6. Cut Back Kick on both sides  |

### Partner Drills *Pair up and utilize Sparring Gear* 15 minutes

- |                                 |                           |
|---------------------------------|---------------------------|
| 1. Back Kick-Counter            |                           |
| 2. Round Kick-Back Kick Counter |                           |
| 3. Step back Kick-Counter       | 5. Side Back Kick-Counter |
| 4. 360 Back Kick-Counter        | 6. Cut Back Kick-Counter  |

### Cool Down 5 minutes

Notes:

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# CLASS 75

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. Round Kick in place  
2. Fast Kick in place  
3. Back Kick  
4. Double Kick  
5. Fast Double Kick

**Target Drills** *Pair up and utilize Body Shield* 20 minutes  
1. Round Kick Rebound 4. Double Kick  
2. Fast Kick Rebound 5. Fast Double Kick  
3. Jump Back Kick  
*Combination Drill Kicking on Shield*  
1. Round Kick Rebound Back Kick 3. Double Kick Jump Back Kick  
2. Fast Kick Rebound Back Kick 4. Fast Double Kick Jump Back Kick

**Partner Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Found Kick Rebound Back Kick  
2. Fast Kick Rebound Back Kick  
3. Double Kick Jump Back Kick  
4. Fast Double Kick Jump Back Kick

**Cool Down** 5 minutes  
Notes:  
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# CLASS 76

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes  
1. Round Kick in place 4. Double Kick  
2. Fast Kick in place 5. Fast Double Kick  
3. Back Kick 6. Nadabon

**Target Drills** *Pair up and utilize Body Shield* 20 minutes  
1. Round Kick in place 4. Double Kick  
2. Fast Kick in place 5. Fast Double Kick  
3. Back Kick 6. Nadabon  
**Combination drill Kicking on Shield**  
1. Round Kick Rebound Nadabon 3. Nadabon Jump Back Kick  
2. Fast Kick Rebound Nadabon 4. Jump Back Kick Nadabon

**Partner Drills** *Pair up and utilize Sparring Gear* 15 minutes  
1. Round Kick Rebound Nadabon  
2. Fast Kick Rebound Nadabon

**Cool Down** 5 minutes  
Notes:  
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# CLASS 77

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Exchange Back Kick in place</li> <li>3. Skip Back - Back Kick</li> <li>4. Skip and Exchange</li> <li>5. Step Back</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Body Shield</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Exchange Back Kick in place</li> <li>3. Skip Back - Back Kick</li> <li>4. Skip and Exchange</li> <li>5. Step Back</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Exchange Back Kick in place</li> <li>3. Skip Back- Back Kick</li> <li>4. Skip and Exchange</li> <li>5. Step Back</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:  
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# CLASS 78

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Side Back Kick</li> <li>3. Cut Back Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Body Shield</i>	<b>25 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Side Back Kick</li> <li>3. Cut Back Kick</li> </ol>		
<b>Repeat for Reaction Drill and Terminator Drill Kicking</b>		

<b>Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Back Kick</li> <li>2. Side Back Kick</li> <li>3. Cut Back Kick</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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## CLASS 79

**Necessary Equipment:** Body Shield and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Cut Kick-Double Kick
2. Push Kick-Fast Double
3. Double Kick
4. Fast Double

### Target Drills

*Pair up and utilize Focus Target*

20 minutes

1. Cut Kick-Double Kick
2. Push Kick-Fast Double
3. Double Kick
4. Fast Double

*Repeat for Reaction Drill and Terminator Drill Kicking*

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

15 minutes

1. Cut Kick-Double Kick
2. Push Kick-Fast Double
3. Double Kick
4. Fast Double

### Cool Down

5 minutes

Notes:

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## CLASS 80

**Necessary Equipment:** Focus Targets, Sparring Gear and Wavemaster®

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

10 minutes

1. Round Kick
2. Round Kick -Round Kick
3. Round Kick - Round Kick - Round Kick
4. Round Kick
5. Double Kick
6. Triple Kick

### Target Drills

*Pair up and utilize Focus Target*

35 minutes

1. Round Kick
2. Round Kick -Round Kick
3. Round Kick - Round Kick - Round Kick
4. Round Kick
5. Double Kick
6. Triple Kick

### Reaction Drill Kicking on Wavemaster®

1. Round-Appal-Nadabon-Padachugi

### Terminator Drill Kicking on Wavemaster®

1. Round-Appal-Nadabon-Padachugi

### Terminator Two-Drill on partners

1. Free Kick

### Cool Down

5 minutes

Notes:

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## CLASS 81

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

20 minutes

1. Step Pattern
2. Skip Pattern

*Drill Kicking with partner*

1. Five Step Pattern with partner
2. Five Skip Pattern with partner

### Target Drills

*Pair up and utilize Focus Target*

15 minutes

1. Five Step Pattern with partner
2. Five Skip Pattern with partner

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Free Kick Five Step with partner

### Cool Down

5 minutes

Notes:

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## CLASS 82

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. Step Pattern
2. Skip Pattern

*Drill Kicking on with partner*

1. Five Step Pattern with partner Double Kicks
2. Five Skip Pattern with partner Double Kicks

### Target Drills

*Pair up and utilize Focus Target*

20 minutes

1. Five Step Pattern with partner Double Kicks
2. Five Skip Pattern with partner Double Kicks

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Free Kick Five Step with partner Double Kicks

### Cool Down

5 minutes

Notes:

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# CLASS 83

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick</li> <li>2. Padachugi-Padachugi</li> <li>3. Fast Kick-Round Kick</li> <li>4. Apbal-Padachugi</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick</li> <li>2. Padachugi-Padachugi</li> <li>3. Fast Kick-Round Kick</li> <li>4. Apbal-Padachugi</li> </ol> <p style="text-align: center;"><i>Repeat with reaction drill kicking</i></p>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick <b>OR</b></li> <li>2. Padachugi-Padachugi <b>OR</b></li> <li>3. Fast Kick-Round Kick <b>OR</b></li> <li>4. Apbal-Padachugi</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 84

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Padachugi-Padachugi</li> <li>2. Fast Kick-Round Kick/Apbal-Padachugi</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Padachugi-Padachugi</li> <li>2. Fast Kick-Round Kick/Apbal-Padachugi</li> <li>3. Round Kick-Round Kick/Padachugi-Padachugi/Fast Kick-Round Kick/Apbal-Padachugi</li> <li>4. Double Kick-Padachugi Double Back/Apbal Double-Back Double Back</li> </ol> <p style="text-align: center;"><i>Repeat for reaction drill kicking</i></p>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>1. Round Kick-Round Kick/Padachugi-Padachugi</li> <li>2. Fast Kick-Round Kick/Apbal-Padachugi</li> <li>3. Round Kick-Round Kick/Padachugi-Padachugi/Fast Kick-Round Kick/Apbal-Padachugi</li> <li>4. Double Kick-Padachugi Double Back/Apbal Double-Back Double Back</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 85

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick-Face Round Kick/
2. Fast Kick-Face Round Kick/
3. Round Kick-Step Round Kick/
4. Fast Kick-Step Round Kick/

### Target Drills *Pair up and utilize Focus Target* 15 minutes

1. Round Kick-Face Round Kick/
2. Fast Kick-Face Round Kick/
3. Round Kick-Step Round Kick/
4. Fast Kick-Step Round Kick/

### Partner/Reaction Drills *Pair up and utilize Sparring Gear* 20 minutes

1. Round Kick-Face Round Kick/absorbs
2. Fast Kick-Face Round Kick/absorbs
3. Round Kick-Step Round Kick/absorbs
4. Fast Kick-Step Round Kick/absorbs

**Repeat for Free Kicking Drill (partner Counters)**

### Cool Down 5 minutes

Notes:

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## CLASS 86

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Back Kick Whip
2. Exchange Back Whip in place
3. Skip Back Whip Kick
4. Skip and Exchange Back Whip
5. Step Back Whip

### Target Drills *Pair up and utilize Focus Target* 15 minutes

1. Back Kick Whip
2. Exchange Back Whip in place
3. Skip Back Whip Kick
4. Skip and Exchange Back Whip
5. Step Back Whip

### Partner/Reaction Drills *Pair up and utilize Sparring Gear* 20 minutes

1. Back Kick Whip
2. Exchange Back Whip in place
3. Skip Back Whip Kick
4. Skip and Exchange Back Whip
5. Step Back Whip

### Cool Down 5 minutes

Notes:

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## CLASS 87

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 10 minutes

1. Round Kick
2. Fast Kick
3. Cover Punch
4. Double Kick
5. Apbal Double

#### Combination Air Drills

1. Fast Kick-Round Kick-Double Kick
2. Round Kick-Double kick-Apbal Double

### Target Drills 10 minutes

*Pair up and utilize Focus Target*

1. Fast Kick-Round Kick-Double Kick
2. Round kick-Double Kick-Apbal Double

### Partner Drills 15 minutes

*Pair up and utilize Sparring Gear*

1. Fast Kick-Round Kick-Double Kick (absorbs)
2. Round kick-Double Kick-Apbal Double

### Reaction Drills 10 minutes

*Pair up and utilize Sparring Gear*

1. Fast Kick-Round Kick-Double Kick (absorbs)
2. Round Kick-Double Kick-Apbal Double

### Cool Down 5 minutes

Notes:



## CLASS 88

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up 10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills 15 minutes

1. Round Kick
2. Fast Kick
3. Cover Punch
4. Double Kick
5. Apbal Double

#### Combination Air Drills

1. Fast Kick-Skip Axe Kick-Apbal Double Kick
2. Round Kick-Skip Axe Kick-Double

### Target Drills 10 minutes

*Pair up and utilize Focus Target*

1. Fast Kick-Skip Axe Kick-Apbal Double Kick
2. Round Kick-Skip Axe Kick-Double

### Partner/Reaction Drills 20 minutes

*Pair up and utilize Sparring Gear*

1. Fast Kick-Skip Axe Kick-Apbal double Kick (absorbs)
2. Round Kick-Skip Axe Kick-Double

#### Combination drills on partners OPTIONS

1. Fast Kick-Skip Axe Kick-Apbal Double Kick (counter options)
2. Round Kick-Skip Axe Kick-Double (counter options)

### Cool Down 5 minutes

Notes:



# CLASS 89

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 10 minutes

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|---------------|----------------|
| 1. Round Kick | 3. Step Round  |
| 2. Step In    | 4. Step Double |

**Air Kicking Combinations**

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|---------------------|-------------------|
| 1. Round Kick       | 5. Step In        |
| 2. Round Kick Round | 6. Step Round     |
| 3. Round-Double     | 7. Step Back Kick |
| 4. Round Back Kick  | 8. Step Double    |

**Target Drills** *Pair up and utilize Focus Target* 15 minutes

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|---------------------|-------------------|
| 1. Round Kick       | 5. Step In        |
| 2. Round Kick Round | 6. Step Round     |
| 3. Round-Double     | 7. Step Back Kick |
| 4. Round Back Kick  | 8. Step Double    |

**Partner/Reaction Drills** *Pair up and utilize Sparring Gear* 20 minutes

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|---------------------|-------------------|
| 1. Round Kick       | 5. Step In        |
| 2. Round Kick Round | 6. Step Round     |
| 3. Round-Double     | 7. Step Back Kick |
| 4. Round Back Kick  | 8. Step Double    |
- (Repeat for Partner OPTIONS kicking combinations)

**Cool Down** 5 minutes

Notes:  
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# CLASS 90

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

**Stretching & Warm-Up** 10 minutes  
Review the Stretching & Warm-Up section of the Instructor's Manual.

**Air Kick Drills** 15 minutes

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|-----------------|
| 1. 2 Kick Combo |
| 2. 3 Kick Combo |

**Target Drills** *Pair up and utilize Focus Target* 15 minutes

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|-----------------|
| 1. 2 Kick Combo |
| 2. 3 Kick Combo |

**Partner Drills** *Pair up and utilize Sparring Gear* 15 minutes

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|-----------------|
| 1. 2 Kick Combo |
| 2. 3 Kick Combo |
- (Repeat for Air Kicking with OPTIONS)

**Cool Down** 5 minutes

Notes:  
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# CLASS 91

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>One Technique</li> <li>Two Techniques</li> <li>Three Techniques</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>25 minutes</b>
<ol style="list-style-type: none"> <li>One Technique</li> <li>Two Techniques</li> <li>Three Techniques</li> </ol>		

<b>Partner/Reaction Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>25 minutes</b>
<ol style="list-style-type: none"> <li>One Technique</li> <li>Two Techniques</li> <li>Three Techniques</li> </ol> <p>(Repeat for OPTION Kicking)</p>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 92

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
<ol style="list-style-type: none"> <li>Apbal</li> <li>Cut Kick</li> <li>Ax Kick</li> <li>Whip Kick</li> <li>Round Face Kick</li> </ol>	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>20 minutes</b>
<ol style="list-style-type: none"> <li>Apbal</li> <li>Cut Kick</li> <li>Ax Kick</li> <li>Whip Kick</li> <li>Round Face Kick</li> </ol>		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>15 minutes</b>
<ol style="list-style-type: none"> <li>Apbal</li> <li>Cut</li> <li>Ax</li> <li>Whip</li> <li>Round Face</li> </ol>		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 93

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>10 minutes</b>
Counter OPTIONS Air Kicking	
1. Two Attacks	
2. Three Attacks	
3. Single Attack	

<b>Target Drills</b>	<i>Pair up and utilize Focus Target</i>	<b>15 minutes</b>
Counter OPTIONS Target Kicking		
1. Two Attacks		
2. Three Attacks		
3. Single Attack		

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
Counter OPTIONS Partner Kicking		
1. Two Attacks		
2. Three Attacks		
3. Single Attack		
(Repeat drills for counter OPTIONS partner OPTIONS kicking)		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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# CLASS 94

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

<b>Stretching &amp; Warm-Up</b>	<b>10 minutes</b>
Review the Stretching & Warm-Up section of the Instructor's Manual.	

<b>Air Kick Drills</b>	<b>25 minutes</b>
1. Control Distance in Air	
• Step Review	
-Five Point Steps	
-Five Point Skips	
-Clashing	
-Cover Punch	
2. Control response in Air	
• Counter Review	
• Counter Timing	
-Before	
-During	
-After	
3. Control Attack in the Air	
• Attack Review	
• Attack Timing	
-Motion	
-No Motion	
-Check or step motion	

<b>Partner Drills</b>	<i>Pair up and utilize Sparring Gear</i>	<b>20 minutes</b>
1. Control Response in Air		
• Response Review		
• Response Timing		
-Be less predictable		
-Vary the initial movement		
-Create predictors		
-Reveal habits		

<b>Cool Down</b>	<b>5 minutes</b>
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Notes:

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## CLASS 95

**Necessary Equipment:** Focus Targets and Sparring Gear

**Instructor Preparation:** Allow 45 minutes to one hour to review corresponding DVD.

### Stretching & Warm-Up

10 minutes

Review the Stretching & Warm-Up section of the Instructor's Manual.

### Air Kick Drills

15 minutes

1. Reveal your Opponents Techniques and Habits in the Air
  - Using Checks
  - Using Safe Attacks
  - Using Steps
2. Watching your Opponents Techniques in the Air
  - Predictive Analysis
    - Watch what they do
    - Watch what their opponents do
    - Watch what happens as a result

### Partner/Reaction Drills

*Pair up and utilize Sparring Gear*

20 minutes

1. Pattern Building in the Air
  - Develop Beliefs
    - Creating Beliefs based on their habits and strengths
    - Take away their strength
    - Exploit their weakness
    - Maximize your strengths
    - Minimize your weakness

### Reaction Drills

*Pair up and utilize Sparring Gear*

10 minutes

1. Control Response in the Air
  - Response Timing
    - Be less predictable
    - Vary the initial movement
    - Create predictors
    - Reveal Habits

### Cool Down

5 minutes

Notes:



## CLASS 96

### 1. Choose a Purpose

- Limit the Focus
- Find a Focal Point
- Focus the students on specific drills for
  - Endurance
  - Speed
  - Technique
  - Situation
  - Strategy
  - Skill

### 2. Manage your Time

- Always Cover Technique
- Maintain Your Schedule
- Stay on Task

### 3. Be Responsive to the Class Needs

- Keep level appropriate
- Re-adjust if necessary

### 4. Innovate and Create

- Test your method
- Re-create

### 5. Motivate the Student

- With Knowledge
- With Results
- With the Future

Notes: