

Sentia the Global School

Year planner for Taekwondo (2017-2018)

Class 3 & 4

Month	No. of Weeks	Class Activity	Extra Activity
JUNE	Week - 2	1.Warmup exercises	Selfdefence
	Week - 3	1. Warmup 2.Streching movements	Moving forward stands
	Week - 4	1.Warmup 2.Punches	Kyorugi[sparring]
JULY	Week – 1	<u>Kicks-</u> 1. Rising kick 2. Front kick	Selfdefence-1
	Week – 2	<u>Punches-</u> 1.Mid punch 2. Double punch	Kyorugi
	Week – 3	Poomsae [1to 10 steps]	Selfdefence
	Week - 4	Poomsae [11 to 16 steps]	Kyorugi
AUGUST	Week – 1	Poomsae-1 [1to 16 steps]	Selfdefence
	Week – 2	1.Warmup 2. Slap kick	Kyorugi
	Week – 3	<u>Punches-</u> 1. Side punch 2. Triple punch	Selfdefence-2
	Week - 4	Poomsae-1 [1 to 16 steps]	Kyorugi
SEPTEMBER	Week - 1	Pad work- 1. Slap kick	Selfdefence
	Week - 2	Pad work – 2. Front kick	Kyorugi
OCTOBER	Week - 3	Stretching movements	Poomsae practice by group
	Week - 4	<u>BLOCKS-</u> 1.Upper block 2. Lower block	Kyorugi

NOVEMBER	Week – 1	1. Warmup 2.Inner kick	Selfdefence
	Week-2	1. Warmup 2.Outer kick	Selfdefence
	Week – 3	Meditation exercises	Kyorugi
	Week- 4	Abdominal movements	Poomsae-1
DECEMBER	Week - 1	Poomsae-2 [1to 18 steps]	Individual Selfdefence
	Week - 2	Pad work [Senior kicks]	Selfdefence 3
JANUARY	Week - 1	Pad work [Senior punches]	Kyorugi
	Week - 3	1.Warmup 2. Blocks	Selfdefence
	Week - 4	1. Warmup 2.Punches	Kyorugi
FEBRUARY	Week – 1	<u>Kicks-</u> 1. Heel down 2.Round house	Selfdefence 1- 2 -3
	Week – 2	<u>Punches-</u> 1. Inner middle 2. Outer middle	Kyorugi
	Week – 3	500 punches	Selfdefence
	Week - 4	1000 punches	Kyorugi
MARCH	Week – 1	Recap of all warmup exercises	Basic self defence movements
	Week - 2	Recap of all kicks	Selfdefence