

Sentia the Global School

Year planner for Taekwondo (2017-2018)

Class – 5 & 6

Month	No. of Weeks	Class Activity	Extra Activity
JUNE	Week - 2	1.Warmup exercises 2. Streching movements	Kyorugi[sparring]
	Week - 3	1.Poomsae -1 2.History of taekwondo	Poomsae -1 Demonstration
	Week - 4	1.Poomsae - 2 2.Abdominal exercises	Poomsae-2 Demonstration
JULY	Week – 1	<u>Kicks-</u> 1. Rising kick 2. Heel down kick	Selfdefence-1
	Week – 2	<u>Punches-</u> 1. Mid punch 2. Double punch	Kyorugi [sparring]
	Week – 3	Poomsae-2	Selfdefence-2
	Week - 4	Poomsae-3	Kyorugi [sparring]
AUGUST	Week – 1	<u>Kicks-</u> 1. Round house 2. Heel down	Selfdefence 1-2-3
	Week – 2	<u>Kicks-</u> 1Inner kick 2.Outer kick	Kyorugi[sparring]
	Week – 3	<u>Punches-</u> 1. Double punch 2. Triple punch	Selfdefence
	Week - 4	Pad work- 1.Stepping Round House kick	Kyorugi [sparring]
SEPTEMBER	Week - 1	1.Warm-up 2. Senior kicks	Selfdefence
	Week - 2	1. Warm-up 2. Senior punches	Kyorugi[sparring]
OCTOBER	Week - 3	1.Streching exercises 2.Abdominal exercises	
	Week - 4	<u>BLOCKS-</u> 1.Upper block 2. Lower block	Kyorugi [sparring]

NOVEMBER	Week-1	1. Warm-up exercises 2. Jumping movements	Selfdefence-1
	Week -2	<u>KICKS-</u> 1. Spin kick – 100 kicks 2. Back kick – 100 kicks 3. Hook kick -100 kicks	Selfdefence-2
	Week – 3	<u>PUNCHES-</u> 1. Mid punch 2. Side punch 3. Double punch	Kyorugi[sparring]
	Week- 4	<u>BLOCKS-</u> 1. Upper block 2. Lower block	Poomsae-1-2-3
DECEMBER	Week - 1	KOREAN TAEKWONDO DEMONSTRATION	Group Demonstration
	Week - 2	KOREAN TAEKWONDO DEMONSTRATION	Group Demonstration
JANUARY	Week - 1	Poomsae 1- 2 -3 All steps	Poomsae Demonstration
	Week - 3	<u>KICKS-</u> 1. Jumpback kick 2. Flying side kick	Selfdefence
	Week - 4	<u>PUNCHES -</u> 1. Basic punches 2. Senior punches	Kyorugi[sparring]
FEBRUARY	Week – 1	<u>BLOCKS-</u> 1. Basic blocks 2. Senior blocks	Selfdefence 1- 2 -3
	Week – 2	1. 1500 Punches 2. 1500 Blocks	Kyorugi [sparring]
	Week – 3	1. 2000 punches 2. 2000 Blocks	Selfdefence
	week-4	1. 3000 punches 2. 3000 Blocks	Kyorugi[sparring]
MARCH	Week – 1	Recap of all warm-up exercises	Basic self defence movements
	Week - 2	Recap of all basic kicks and punches	Basic kyorugi movements