

# Sentia the Global School

## Year planner for Taekwondo (2017-2018)

Class – 7 & 8

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

<b>NOVEMBER</b>	Week-1	1. Warm-up exercises 2. Jumping movements	<b>Selfdefence-1</b>
	Week -2	<u>KICKS-</u> 1. Spin kick – 100 kicks 2. Back kick – 100 kicks 3. Hook kick -100 kicks	<b>Selfdefence-2</b>
	Week – 3	<u>PUNCHES-</u> 1. Mid punch 2. Side punch 3. Double punch	<b>Kyorugi[ sparring]</b>
	Week- 4	<u>BLOCKS-</u> 1. Upper block 2. Lower block	<b>Poomsae-1-2-3</b>
<b>DECEMBER</b>	Week - 1	KOREAN TAEKWONDO DEMONSTRATION	<b>Group Demonstration</b>
	Week - 2	KOREAN TAEKWONDO DEMONSTRATION	<b>Group Demonstration</b>
<b>JANUARY</b>	Week - 1	Poomsae 1- 2 -3 All steps	<b>Poomsae Demonstration</b>
	Week - 3	<u>KICKS-</u> 1. Jumpback kick 2. Flying side kick	<b>Selfdefence</b>
	Week - 4	<u>PUNCHES -</u> 1. Basic punches 2. Senior punches	<b>Kyorugi[sparring]</b>
<b>FEBRUARY</b>	Week – 1	<u>BLOCKS-</u> 1. Basic blocks 2. Senior blocks	<b>Selfdefence 1- 2 -3</b>
	Week – 2	1. 1000 Punches 2. 1000 Blocks	<b>Kyorugi [sparring]</b>
	Week – 3	1. 1500 punches 2. 1500 Blocks	<b>Selfdefence</b>
	week-4	1. 2500 punches 2. 2500 Blocks	<b>Kyorugi[ sparring]</b>
<b>MARCH</b>	Week – 1	Recap of all warm-up exercises	<b>Basic self defence movements</b>
	Week - 2	Recap of all basic kicks and punches	<b>Basic kyorugi movements</b>