

SENTIA THE GLOBAL SCHOOL
TAEKWONDO CURRICULUM 2018-19 (CLASSES I TO V)

MONTH	TECHNIQUES
<i>June</i>	1. <i>Taekwondo History, 2. Taekwondo basics, 3. Theory for self defense/ fitness , 4.Meditation techniques & 5.Theory for Physiology.</i>
<i>July</i>	1. <i>Basic kicks- a) Slap kick, b) Rising kick, c) Front kick,</i> 2. <i>Basic punches-a) Middle punch, b) Upper punch, c) Lower punch.</i>
<i>August</i>	1. <i>Introduction of Poomsae -1, Kyorugi (fight) techniques, Jumps / Agility moments</i> 2. <i>Blocks (inner / outer).</i>
<i>September</i>	1. <i>Recap of Poomsae – 1, Introduction of Poomsae – 2</i> 2. <i>Practicing of round house kicks,</i> 3. <i>Punches 1000-1500.</i>
<i>October</i>	1. <i>Kyorugi with 1-1 & 1-2 people.</i> 2. <i>Recap of Round house kick ,Inner & Outer blocks & Poomsae-2.</i>
<i>November</i>	1. <i>Recap of poomsae-2, Round house kick/ Front kick,</i> 2. <i>Introduction of back kick</i> 3. <i>Self defense techniques.</i>
<i>December</i>	<i>Practise for Grading exam.</i>
<i>January</i>	1. <i>Recap of all kicks/punches & poomsae-1&2,</i> 2. <i>Conduction of Grading exam.</i>
<i>February</i>	1. <i>Recap of Taekwondo punches & kicks & Meditation Techniques.</i> 2. <i>Introduction of Street fight.</i>

Note:-1. Grading exam for classes III & IV will be conducted on 19.1.19

2. Grading exam for classes V to X will be conducted on 20.1.19