

**SENTIA THE GLOBAL SCHOOL  
TAEKWONDO CURRICULUM 2018-19 ( CLASSES VI TO IX)**

<b>MONTH</b>	<b>TECHNIQUES</b>
<i>June</i>	<i>Recap of kicks, punches, blocks &amp; meditation techniques.</i>
<i>July</i>	<i>Introduction of Poomsae ( 1 to 4)</i>
<i>August</i>	<i>1. Agility      2. Stamina exercises      3. Kicks      4. Punches</i>
<i>September</i>	<i>Introduction of Speed kicking - 1. Round House kick 2. Front kick 3. Side kick</i>
<i>October</i>	<i>Recap of kicks- Slap kick, Side kick &amp; Round house kick.</i>
<i>November</i>	<i>Recap of Poomsae &amp; Practice multiple kicks on kicking pad.</i>
<i>December</i>	<i>1. Practice of Poomsae 1,2,3. 2. Revision of Kyorugi with 1-1, 1-2 &amp; 1-3, 3. Introduction to street fight (Demo on fight)</i>
<i>January</i>	<i>1. Preparation for grading exam 2. Recap of all Poomsae – 1,2,3 3. Revising for all kicks, 4. Punches &amp; S.D. (self Defense) techniques.</i>
<i>February</i>	<i>Introduction of Poomsae event &amp; Poomsae – 4</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*