



Dubbed Taekwon-Do

Basic Syllabus for Intermediate and Advanced Classes

1st Quarter 2007 (Jan-Apr)



(Note: Scheduled Class Content May Change Dependant on Student Progress/Needs)

Date	Day	Instructor	Curriculum
8-Jan	Mon		Basic Hand Techniques
10	Wed		New Kicks
15	Mon	Hillside School Closed	Human Rights Day
17	Wed		Step Sparring
22	Mon		Basic Hands, New Patterns
24	Wed		Patterns
29	Mon		Review Kicks, Hol Sin Sul
31	Wed		Review Patterns
5-Feb	Mon		Breaking with regular & rebreakable boards
7	Wed		Sparring...bring sparring equipment, especially mouth guards.
12	Mon		Hol Sin Sul
14	Wed		Step Sparring
19	Mon	Hillside School Closed	President's Day
21	Wed		Basic Hands, Kicks
26	Mon		Patterns, Kicking
28	Wed		Breaking with regular & rebreakable boards, open
5-Mar	Mon		Step Sparring
7	Wed		Hol Sin Sul
12	Mon	Hillside School Closed	Non-Student Day
14	Wed		Patterns
19	Mon		Kicking, Breaking Review....Focus Pads
21	Wed		Sparring...bring sparring equipment, especially mouth guards.
26	Mon		Testing Review...Step Sparring
28	Wed		Testing Review...Kicking, Training for Flying Kicks
2-Apr	Mon		Testing Review...Hol Sin Sul, Written Test
4	Wed		Testing Review...Patterns, Basic Hands; Written Test?
7	Sat		State Testing, SLCC Redwood Campus
9 & 11	Mon&Wed	Hillside School Closed	Spring Break Monday April 9th thru Friday April 13th