



Dubbed Taekwon-Do

Basic Syllabus for Intermediate and Advanced Classes

1st Quarter 2006



Date	Day	Instructor	Curriculum
9-Jan	Mon		Basic Hand Techniques
11	Wed		New Kicks
16	Mon	Holiday, School Closed	Human Rights Day
18	Wed		Step Sparring
23	Mon		Basic Hands, New Patterns
25	Wed		Patterns
30	Mon		Review Kicks, Hol Sin Sul
1-Feb	Wed		Review Patterns
6	Mon		Breaking with regular & rebreakable boards
8	Wed		Sparring...bring sparring equipment, especially mouth guards.
13	Mon		Hol Sin Sul
15	Wed		Step Sparring
20	Mon	Holiday, School Closed	President's Day
22	Wed		Patterns, Kicking
27	Mon		Breaking with regular & rebreakable boards, open
1-Mar	Wed		Step Sparring
6	Mon		Hol Sin Sul
8	Wed		Patterns
13	Mon	School Closed	Salt Lake School District Non-Student Day
15	Wed		Kicking, Breaking Review....Focus Pads
20	Mon		Testing Review...Step Sparring
22	Wed		Testing Review...Kicking, Training for Flying Kicks
27	Mon		Testing Review...Hol Sin Sul, Written Test
29	Wed		Testing Review...Patterns, Basic Hands
1-Apr	Sat		State Testing, SLCC Redwood Campus