



Dubbed Taekwon-Do

Basic Syllabus for Intermediate and Advanced Classes

2nd Quarter 2007 (March-June)



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

Date	Day	Instructor	Curriculum
26-Mar	Mon		Basic Hand Techniques
28	Wed		New Kicks
2-Apr	Mon		Step Sparring
4	Wed		Basic Hands, New Patterns
9	Mon		Patterns
11	Wed		Review Kicks, Hol Sin Sul
16	Mon	Hillside School Closed	SLC School District Spring Recess
18	Wed	Hillside School Closed	SLC School District Spring Recess
23	Mon		Review Patterns
25	Wed		Breaking with regular & rebreakable boards
30	Mon		Sparring...bring sparring equipment, especially mouth guards.
2-May	Wed		Hol Sin Sul
7	Mon		Step Sparring
9	Wed		Basic Hands, Kicks
14	Mon		Patterns, Kicking
16	Wed		Breaking with regular & rebreakable boards, open
21	Mon		Step Sparring
23	Wed		Hol Sin Sul
28	Mon	Hillside School Closed	Memorial Day Holiday
30	Wed		Patterns
4-Jun	Mon		Kicking, Breaking Review....Focus Pads
6	Wed		Sparring...bring sparring equipment, especially mouth guards.
11	Mon		Testing Review...Step Sparring
13	Wed		Testing Review...Kicking, Training for Flying Kicks
18	Mon		Testing Review...Hol Sin Sul, Written Test
20	Wed		Testing Review...Patterns, Basic Hands
			Hillside Testing, Location To Be Determined