

# March --- FINALS/BLACK BELTS

FIRST HALF OF CLASS---REGULAR WARM-UP WITH KICKING/HAND TECHNIQUE COMBO'S -BREAKDOWN OF EACH TECHNIQUE  
 SECOND HALF OF CLASS---FOCUSING ON POOMSES AND S/D

<b>MONDAY MAIN DOJANG 6-7PM</b>		<b>WEDNESDAY MAIN DOJANG 6-7PM</b>		<b>SATURDAY CLAYTON DOJANG 12-1PM</b>
				<b>3</b> IL/EE/SAM/SA KORYO S/D
<b>5</b> IL/EE/SAM/SA & BLACK BELT POOMSES		<b>7</b> HOW TO TEACH BASIC & ADVANCED TECHNIQUES		<b>10</b> HOW TO TEACH BASIC & ADVANCED TECHNIQUES
<b>12</b> CHECKLIST REVIEW		<b>14</b> STEPS 1-10 REFEREE POOMSE BASIC SPARRING KNOWLEDGE		<b>17</b> OH/YUK/CHIL/PAL KORYO/KEUMGUM S/D
<b>19</b> OH/YUK/CHIL/PAL & BLACK BELT POOMSES		<b>21</b> OPEN CLASS  WORK ON CHECKILIST ITEMS		<b>24</b> NO CLASSES SPRING BREAK
<b>26</b> NO CLASSES SPRING BREAK		<b>28</b> NO CLASSES SPRING BREAK		<b>30</b> LONG WEEKEND