



Please take a minute to look over our lesson plans for our Fall period. Please note our lesson plans are designed to develop a set of skills that progressively get more complex as we move deeper into the session. For the best learning experience please attend classes as scheduled throughout the week and schedule makeup classes when classes are missed. Attendance is taken daily and strongly considered into our decision when recommending students for a promotion test.

2025 SPRING-I SYLLABUS

February					
MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY	SATURDAY
17	18	19	20	21	22
Basic Training Hand Techniques 1-Step Hands					
24	25	26	27	28	1
Forms Weapons Breaking Hand Techniques					
March					
6	4	5	6	7	8
Forms Weapons Breaking Hand Techniques					
10	11	12	13	14	15
Basic Training Kick Techniques 1-Step Kicks					
17	18	19	20	21	22
Sparring Drills Breaking Kick Techniques					
24	25	26	27	28	29
Conditional Sparring					Garden State Championships
April					
31	1	2	3	4	5
Point Sparring					
7	8	9	10	11	12
final preparations for promotion tests					Promotion Tests
14	15	16	17	18	19
Easter - No Classes					
21	22	26	24	25	26