



MIN'S KARATE

AUTHENTIC KOREAN TRADITIONAL MARTIAL ARTS

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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 FALL-II SYLLABUS

October					
MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY	SATURDAY
13	14	15	16	17	18
Week 1: New Forms/Weapons Candle Snuffing					NMAC Championship
20	21	22	23	24	25
Week 2: 1-Step Techniques Rolling/Break Falling					Halloween Party
27	28	29	30	31	1
Week 3: Board Breaking Flying Kicks				No Classes Trick Or Treat	
November					
3	4	5	6	7	8
Week 4: Mid-Term Review					
10	11	12	13	14	15
Week 5: Target Kicking					
17	18	19	20	21	22
Week 6: Conditional Sparring (sparring gear mandatory)					Buffalo Tournament
24	25	26	27	28	29
Week 7: Point Sparring (sparring gear mandatory)		No Classes Thanksgiving			
December					
1	2	3	4	5	6
Week 8: Sparring Brackets (sparring gear mandatory)					
8	9	10	11	12	13
Week 9: Finals Review					Promotion Tests
15	14	16	17	18	19
Week 1: Start of Winter Season					NMAC Championship
21	22	23	24	25	26
			No Classes Christmas Winter Recess		



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