



MIN'S KARATE

AUTHENTIC KOREAN TRADITIONAL MARTIAL ARTS

Grandmaster Michael Yongisk Min
717.385-5071
mastermin@minskarate.com

Please take a minute to look over our lesson plans for the upcoming 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 WINTER SYLLABUS

December					
MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY	SATURDAY
15	16	17	18	19	20
Week 1:		Forms/Weapons 1-Step Defense			
22	23	24	25	26	27
Week 2:		Forms/Weapons 1-Step Defense	No Classes Winter Recess	No Classes Winter Recess	No Classes Winter Recess
29	30	31	1	2	3
No Classes Winter Recess	No Classes Winter Recess	No Classes Winter Recess	No Classes Winter Recess	Forms/Wepaons, 1-Step Defense	
January					
5	6	7	8	9	10
Week 4:		Board Breaking Flying Kicks			
12	13	14	15	16	17
Week 5:		Mid-Term Review			
19	20	21	22	23	24
Week 6:		Target Kicking			
26	27	28	29	30	31
Week 7:		Conditional Sparring (sparring gear mandatory)			
February					
2	3	4	5	6	7
Week 8:		Sparring Brackets (sparring gear mandatory)			
9	10	11	12	13	14
Week 9:		Final Review			
16	17	18	19	20	21
Week 1:		Start of Spring-I Season			
					COMPETITION TEAM