



BLACK BELT PREP SCHEDULE 2024

7/1 - 7/6 Self Defense & Physical Requirements

7/8 - 7/13 Power Kicks & Physical Requirements

7/15 - 7/20 Combinations

7/22 - 7/27 Basic Punches & Basic Kicks

7/29 - 8/3 Self Defense & Physical Requirements

8/5 - 8/10 Power Kicks & Physical Requirements

8/12 - 8/17 Combinations

8/19 - 8/24 Basic Punches & Basic Kicks

8/26 - 8/31 Self Defense & Physical Requirements

9/2 - 9/7 Power Kicks & Physical Requirements

9/9 - 9/14 Combinations

9/16 - 9/21 Basic Punches & Basic Kicks

9/23 - 9/28 Self Defense & Physical Requirements

9/30 - 10/5 Power Kicks & Physical Requirements

10/7 - 10/12 Combinations

10/14 - 10/19 Basic Punches & Basic Kicks

10/21 - 10/26 Self Defense & Physical Requirements

10/28 - 11/2 Power Kicks & Physical Requirements

11/4 - 11/9 Combinations/Notes

11/11 - 11/16 TEST PREP WEEK - no sparring