

# **PREP SCHEDULE Winter/Spring '24**

**1/22 - 1/27 Fun Week/Weapons**

**1/29 - 2/3 Basic Punches & Basic Kicks**

**2/5 - 2/10 Self Defense & Physical Requirements**

**2/12 - 2/17 Power Kicks & Physical Requirements**

**2/19 - 9/24 Combinations**

**2/26 - 3/2 Basic Punches & Basic Kicks**

**3/4 - 3/9 Self Defense & Physical Requirements**

**3/11 - 3/16 Power Kicks & Physical Requirements**

**3/18 - 3/23 Combinations**

**3/25 - 3/30 Basic Punches & Basic Kicks**

**4/1 - 4/6 Self Defense & Physical Requirements**

**4/8 - 4/13 Power Kicks & Physical Requirements**

**4/15 - 4/20 Combinations**

**4/22 - 4/27 Self Defense & Physical Requirements**

**4/29 - 5/4 Power Kicks & Physical Requirements**

**5/6 - 5/11 Combinations**

**5/13 - 5/18 Basic Punches & Basic Kicks**

**5/20 - 5/25 Self Defense & Physical Requirements**

**5/27 - 6/1 Power Kicks & Physical Requirements**

**6/3 - 6/8 Combinations / Notes**

**6/10 - 6/15 TEST PREP WEEK - no sparring**