



## January/February 2021 Monthly Class Management



Week #	Date	Monday/Tuesday	Thursday/Friday	Curriculum	Special Events
1	January 4 <sup>th</sup> -9 <sup>th</sup>	PD-Basic  Warm-up 1	PD-Combinations  Warm-up 1	P	<ul style="list-style-type: none"> <li>1/9- Birthday Party @2pm</li> </ul>
2	January 11 <sup>th</sup> -16 <sup>th</sup>	DST-1,2,3,4  Warm-up 2	DST- 4x4  Warm-up 2	O/SD	
3	January* 18 <sup>th</sup> -23 <sup>rd</sup>	PD- Counter Attack  Warm-up 3	PD- Sparring  Warm-up 3	P/T	<ul style="list-style-type: none"> <li>1/23-Team L- 21 Board Breaking M. Test @10am</li> </ul>
4	January 25 <sup>th</sup> -30 <sup>th</sup>	Testing Preparation  Warm-up 1	TESTING  Special Classes Warm-up 5	T	<ul style="list-style-type: none"> <li>1/28-Belt Testing</li> <li>1/30-Team L-21 4-hour BB Prep Class</li> </ul>
5	February 1 <sup>st</sup> -6 <sup>th</sup>	PD-Basic  Warm-up 1	PD-Combinations  Warm-up 1	P	<ul style="list-style-type: none"> <li>2/6 Birthday Party @ 2pm</li> </ul>
6	February 8 <sup>th</sup> -13 <sup>th</sup>	DST- Speed  Warm-up 2	DST-1,2,3,4  Warm-up 2	O/SD	
7	February* 15 <sup>th</sup> -20 <sup>th</sup>	PD-Counter Attack  Warm-up 3	PD-Sparring  Warm-up 3	P/T	
8	February 22 <sup>nd</sup> -27 <sup>th</sup>	Testing Preparation  Warm-up 1	TESTING  Special Classes Warm-up 5	T	<ul style="list-style-type: none"> <li>2/25-Belt Testing</li> </ul>

### Notes:

- 1/18/21- Martin Luther King Day- TKD school Open- schools & government offices closed.
- 2/15/21- Presidents Day- TKD school OPEN- schools & government offices closed.
- UNI Performance Team Try-outs January 20<sup>th</sup>, 27<sup>th</sup> & February 3<sup>rd</sup>, 10<sup>th</sup>- New Team 2/17/21
- No outside tournaments- US Open, SET, etc.
- March 6<sup>th</sup>- Black Belt Testing

## 2021 WARM UP GUIDE

**Match your warm-up with the main class plan**

MAIN CLASS PLAN	Every Class	!!!	WARM-UP TYPE
<ul style="list-style-type: none"> <li>• PD Basic/Combi</li> <li>• Small Target</li> <li>• Curriculum Class</li> <li>• Board-Breaking Class</li> <li>• .....</li> </ul>	Line Up Meditation Stretch	<b>Basic punches &amp; stretching kicks</b> (7 count/5 count)	1 (this warm up can ALWAYS be used)
	5 mins   3 mins	4 mins   2 mins	
<ul style="list-style-type: none"> <li>• DST</li> </ul>	5 mins   3 mins	<b>Knee-ups</b> 4 mins   2 mins	2
<ul style="list-style-type: none"> <li>• PD-Counter Attack</li> </ul>	5 mins   3 mins	<b>Footwork</b> 4 mins   2 mins	3
<ul style="list-style-type: none"> <li>• Testing Prep</li> <li>• Sparring Class</li> </ul>	5 mins   3 mins	<b>Line Drills</b> 10 mins   12 mins	4
<ul style="list-style-type: none"> <li>• Special Classes</li> </ul>	5 mins   3 mins	<b>Partner workout</b> 10 mins   12 mins	5
<ul style="list-style-type: none"> <li>• Special Classes</li> </ul>	5 mins   3 mins	<b>Crossfit....</b> 10 mins   12 mins	6

### 2021 Class Time Management

	Warm Up	Kicking	Curriculum
Pre-covid 45/50 minute classes	10	25	10/15
Currently 30/40 minute classes	5	15/20	10/15