



BLACK BELT PREP SCHEDULE 2024 - 2025

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
11/18 - 11/23 2nd Degree Fun Week
11/25 - 11/26 Self Defense & Physical Requirements

12/2 - 12/7 Power Kicks & Physical Requirements
12/9 - 12/14 Combinations
12/16 - 12/21 Basic Punches & Basic Kicks
1/2 - 1/4 Self Defense & Physical Requirements

1/6 - 1/11 Power Kicks & Physical Requirements
1/13 - 1/18 Combinations
1/20 - 1/25 Basic Punches & Basic Kicks
1/27 - 2/1 Self Defense & Physical Requirements

2/3 - 2/8 Power Kicks & Physical Requirements
2/10 - 2/15 Combinations
2/17 - 2/22 Basic Punches & Basic Kicks
2/24 - 3/1 Self Defense & Physical Requirements

3/3 - 3/8 Power Kicks & Physical Requirements
3/10 - 3/15 Combinations
3/17 - 3/22 Basic Punches & Basic Kicks
3/24 - 3/29 Self Defense & Physical Requirements
3/31 - 4/5 Power Kicks & Physical Requirements

4/7 - 4/12 Combinations
4/14 - 4/19 Basic Punches & Basic Kicks/Notes
4/21 - 4/26 TEST PREP WEEK - no sparring