



Martial Arts of West End

9 Week Cycle 12/08/25

Mondays and Tuesdays

Warm up or in between drills - All help with Flexibility.

- Juggling Jacks
- Stated stretching.
 - Straddle, Single leg
 - Butterfly, Legs together
- All Basics - Have Training Instructors and Storm Team Do this.

Self Defence - Same side wrist grabs

<https://mawestend.com/students/curriculum/same-side-wrist-grabs/>

Falls and Rolling

<https://mawestend.com/students/curriculum/basic-falling/>

Breaking tech. and Kicking Combos

- Add in hand tech as well
- Double Step Kicks on Targets - **(This goes with the sparring drills)**

Wednesday and Thursday

Warm up or in between drills - All help with Strength.

- Juggling Jacks
- Stated stretching.
 - Straddle, Single leg
 - Butterfly, Legs together
- All Basics - Have Training Instructors and Storm Team Do this.

Poomsae

<https://mawestend.com/students/curriculum/taegeuk-poomsaes-tkd/>

- Focus on stances and loads. Tell them the meaning IL Jang **SKY** / the beginning, Birth and the root of all things. ect.
- **Remind All Testing for Black Belt they need to know ALL the forms.**

Sparring Drills and Sparring

Swing kicks

<https://mawestend.com/students/curriculum/swing-kicks-sparring-drills-6/>

Sparring - Leave around 15 min. for sparring. Make 3 rings or rotate them with partners. 1 to 2 minute rounds. Watching for side to side movement.