

Physical Curriculum for Cycle October 15 to November 18, 2018

Junior Beginning – Block 2

Passport Page 11/12 KSA's Primary Styles

Kick of the Cycle: Side Kick
Targeting Set, 4 Basic Positions
Circling Arms A & B

Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Adult Beginning – Block 2

Passport Page 11/12 KSA's Primary Styles

Kick of the Cycle: Side Kick
Targeting Set, 4 Basic Positions
Circling Arms A & B, Sweeping Arm Hook

Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Junior Intermediate – Block 3

Passport Page 11/12 KSA's Primary Styles

Iron Horse (first half), 3 Count
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Adult Intermediate – Block 3

Passport Page 11/12 KSA's Primary Styles

Iron Horse, 3 Count
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Junior Advanced – Block 3

Passport Page 11/12 KSA's Primary Styles

Iron Horse, 3 Count, Targeting Set,
Circling Arms A & B
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Adult Advanced – Block 3

Passport Page 11/12 KSA's Primary Styles

Retreating Dragon, 3 Count, Targeting Set,
Circling Arms A & B, Sweeping Arm Hook
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Junior Black – Block 9

Passport Page 11/12 KSA's Primary Styles

Dynamic Kicking, 3 Count
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Adult Black – Block 9

Passport Page 11/12 KSA's Primary Styles

Two Man Set, 3 Count
Sparring Block 3: Cross, Lead Leg Round Kick,
Back Leg Front Kick

Lil' Samurai – Block 7

Kick of the Cycle: Front Kick
Striking Combo (2 Punches, 2 Palms,
2 Chops, 2 Elbows)
BW: Defense: (L) Upward Block,
(L) Downward Block, (L) Shin Block
Offense: Jab, Cross, Rear Knee
AT: Balance Drill: 3 Count Round Kick –
Bean Bag Drills – Kick Around the Clock
Pad Jumping – Animal Planet

Adult A Day/B Day Rotations

A Day: AT/ Chokes
B Day: PW / Serrada (X marks the spot for a #4)

Junior A Day/B Day Rotations

A-Day AT / Kicking Skills (Round Kick –
Hook Kick – Side Kick – Spinning Kicks)
B-Day PW / Serrada (X marks the spot for a #4)

Class Curriculum on Video

Go to: Kovars.com/Curriculum
Password: focus

Physical Curriculum for Cycle October 15 to November 18, 2018

Arnis / Padded Weapon

- Bring The Warrior Spirit
- Keep It Live
- Stance, Strong Side Forward
- Distance
- Grip
- Full Range Of Motion
- Targeting

Punches

- Fist
- Wrist
- Hips
- Defense

Kickboxing / Thai Pads

- Bring The Warrior Spirit
- Keep It Live
- Stance
- Distance
- Hands, Cheek, Extend
- Defense

Kicks

- Kicking foot
- Plant foot
- Hips
- Hands

Katas / Forms / Sets

- Bring The Warrior Spirit
- Loud Kiais
- Stances
- Blocks
- Strikes

Stances

- Feet
- Clock
- Knees
- Back
- Hands

Self Defense

- Bring the Warrior Spirit
- Kiai Soon, Kiai Loud & Kiai Often
- Strikes
- Targets
- Cover out

Blocks

- Zone
- Feet
- Hands