

# Taekwondo

# July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Sparring & Conditioning Little Ninja Coordination	22 Sparring & Conditioning Little Ninja Coordination	23 Sparring & Conditioning Little Ninja Coordination	24 Sparring & Conditioning Little Ninja Coordination	25 Sparring & Conditioning Little Ninja Coordination	26 Sparring & Conditioning Little Ninja Coordination Demo Practice
27	28 Forms & Self-Defense Little Ninja Discipline	29 Forms & Self-Defense Little Ninja Discipline	30 Forms & Self-Defense Little Ninja Discipline	31 Forms & Self-Defense Little Ninja Discipline		

# Taekwondo

# August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Forms & Self-Defense Little Ninja Discipline	2 Forms & Self-Defense Little Ninja Discipline Demo Practice
3	4 Sparring & Conditioning Little Ninja Discipline	5 Sparring & Conditioning Little Ninja Discipline	6 Sparring & Conditioning Little Ninja Discipline	7 Sparring & Conditioning Little Ninja Discipline	8 Sparring & Conditioning Little Ninja Discipline	9 Sparring & Conditioning Little Ninja Discipline Demo Practice
10	11 Forms & Self-Defense Little Ninja Balance	12 Forms & Self-Defense Little Ninja Balance	13 Forms & Self-Defense Little Ninja Balance	14 Forms & Self-Defense Little Ninja Balance	15 Forms & Self-Defense Little Ninja Balance	16 Forms & Self-Defense Little Ninja Balance Demo Practice
17	18 Sparring & Conditioning Little Ninja Fitness	19 Sparring & Conditioning Little Ninja Fitness	20 Sparring & Conditioning Little Ninja Fitness	21 Sparring & Conditioning Little Ninja Fitness	22 Sparring & Conditioning Little Ninja Fitness	23 Sparring & Conditioning Little Ninja Fitness Demo Practice
24	25 Forms & Self-Defense Little Ninja Focus	26 Forms & Self-Defense Little Ninja Focus	27 Forms & Self-Defense Little Ninja Focus	28 Forms & Self-Defense Little Ninja Focus	29 Forms & Self-Defense Little Ninja Focus	30 Forms & Self-Defense Little Ninja Focus Demo Practice
31						