

BC Kenpo Club Class Schedule Per Term (14 Weeks)

Weeks 1-6 Monday and Wednesday

<u>Time</u>	<u>Event</u>	<u>Suggestions</u>
6:00 pm – 6:25 pm	Warm up and Basics:	stretching, basic techniques, kicks, blocks, punches: Kicks: front, round, dragon, side back.(moving forward) Blocks with sweep/ choke: straight punch, round punch(move forward) Punch / Knife hand combo: Knife hand -knee- elbow . The speed and intensity of the techniques will increase as we move closer to the sixth week.
6:25 pm – 6:45 pm	Ground Techniques :	belt appropriate techniques, combinations / counters. During each term a student will learn 2 or 3 ground techniques / exercises / combinations / counters . In addition they will be responsible for their past techniques. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
2 minute break		
6:55 pm- 7:15 pm	Chin Na / Self-defense:	belt appropriate techniques, combinations / counters During each term a student will learn 5 or 7 techniques / exercises / combinations / counters . In addition they will be responsible for their past techniques. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
7:15 pm – 7:35 pm	Kata / Speed work / Sparring Combos/	power training: During each term a student will learn one new empty / weapons kata, in addition they will be responsible for their past katas and weapons combos. Once katas are taught, we will practice speed work, and sparring combos. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review
2 minute break		
7:40 pm – 7:55 pm	Personal Time:	This time is allotted for the student to explore any of the above belt appropriate activities including meditation.

BC Kenpo Club Class Schedule

Weeks 7- 9 Monday and Wednesday

<u>Time</u>	<u>Event</u>	<u>Suggestions</u>
6:00 pm – 6:30 pm	Warm up / combinations:	kicks, sparing, punch , ground, Kata After a brief warm-up: During the next several weeks: We will execute our kicking / punching / defending combos in a sparring posture moving forward. Allowing the student to experience sparring / defending scenario, including counter attacks/defense/ standing to ground work, and empty-hand / weapons katas work. At times we will include body conditioning Kicks: front, round, dragon, side back.(moving forward) Blocks with sweep/ choke: straight punch, round punch(move forward) Punch / Knife hand combo: Knife hand -knee- elbow . The speed and intensity of the techniques will increase as we move closer to the ninth week.
2 minute break		
6:35 pm – 6: 55 pm	Ground:	Repetition work, The instructor will explain what techniques he would like for the student to perform. The student will then have 3 five minute units to explore the techniques. Perhaps changing partners every five minutes. During this time each student will practice their ground techniques / exercises / combinations / counters . In addition they will be responsible for their past techniques. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
6:55 pm- 7:15 pm	Chin Na / Self-d:	Repetition work, The instructor will explain what techniques he would like for the student to perform. The student will then have 3 five minute units to explore the techniques. Perhaps changing partners every five minutes. During this time each student will practice their techniques / exercises / combinations / counters . In addition they will be responsible for their past techniques. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
2 minute break		
7:20 pm – 7:35 pm	Kata / Weapons / Speed work / Sparring:	If belt level kata confidence has been reached we will then move toward responsible speed work / power straining / sparring. and weapons combos. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
7:35 pm – 7:55 pm	Personal Time:	This time is allotted for the student to explore any of the above belt appropriate activities including meditation.

BC Kenpo Club Class Schedule

Weeks 10-13 Monday and Wednesday

<u>Time</u>	<u>Event</u>	<u>Suggestions</u>
6:00 pm – 6:45 pm	Warm up / Review:	After, a quick cardio work out. This is an excellent time to have a bit of fun and review old skills: Depending upon the night and wishes of the instructor we may experience all or any of the following: kata work, faux sparring, endurance combinations, round robin, power training, ground work, q & a concerning : life , martial arts, spirituality, techniques, current events, meditation.
2 minute break		
6:50 pm – 7:10 pm	Ceremony Etiquette :	During this time we will review policies and procedures for a our belt Ceremony with a q & a. The Instructor will explain proper ceremony etiquette, and review student skill sets with in a group setting / performance.
6:55 pm- 7:15 pm	Skill Set Review:	During this time we will review student desired skill sets, and problem areas. When necessary we will separate belt levels to expedite these endeavors, and to ensure each instructor's personal growth and review.
2 minute break		
7:20 pm – 7:45 pm	Personal Time / Ceremony Prep:	This time is allotted for the student to explore any of the above belt appropriate activities including meditation. During this time, each student should review one or two of the follow per class: Katas, weapons, Speed work ,Sparring, ground work, conditioning , basic techniques, self-defense.