






# TKD - September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2 STEP SPARRING 	2 <b>SCHOOL CLOSED</b>
3	4 <b>SCHOOL CLOSED</b>	5 <b>SCHOOL CLOSED</b>	6 FORMS	7 FORMS	8 1 STEPS SELF DEFENSE 	9 TECHNIQUE
10	11 KICKING	12 KICKING 3 STEPS	13 2 STEP SPARRING	14 SPARRING	15 TECHNIQUE 	16 1 STEPS SELF DEFENSE
17	18 FORMS	19 FORMS	20 1 STEPS SELF DEFENSE	21 TECHNIQUE	22 KICKING 	23 KICKING 3 STEPS
24	25 2 STEP SPARRING	26 SPARRING	27 TECHNIQUE	28 1 STEPS SELF DEFENSE	29 FORMS 	30 FORMS