





TKD - August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TECHNIQUE	2 FORMS	3 KICKING 	4 KICKING 3 STEPS
5	6 1 STEPS SELF DEFENSE	7 2 STEP SPARRING	8 SPARRING	9 TECHNIQUE	10 FORMS 	11 KICKING
12	13 KICKING 3 STEPS	14 1 STEPS SELF DEFENSE	15 2 STEP SPARRING	16 SPARRING	17 TECHNIQUE 	18 FORMS
19	20 KICKING	21 KICKING 3 STEPS	22 1 STEPS SELF DEFENSE	23 2 STEP SPARRING	24 SPARRING 	25 TECHNIQUE
26	27 FORMS	28 KICKING	29 KICKING 3 STEPS	30 1 STEPS SELF DEFENSE	31 2 STEP SPARRING 