





TKD - February 2019

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