TKD - February 2019

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