

Mountain Warriors



Sample class planner – 1 hour

15 Minutes	Warm up	Raise heart rate – Aerobic exercise Joint rotations Stretches Light aerobics – rolls & break falls
10 minutes	Basics	Stances, striking, kicking
10 minutes	Locking	
10 minutes	Throwing	
10 minutes	Free time	Sparring Self defence Weapon Kata Game - children
5 minutes	Warm down	Light aerobics Relaxation or meditation

Sample class planner – 12 month period

Month 1	Forward roll	Hip throw	Figure 4 wrist lock	Front kick
Month 2	Side roll	Body drop	Bent wrist lock	Side kick
Month 3	Backward roll	Rock throw	Wrist strangle	Back kick
Month 4	Front break fall	Outer reap	Warrior Take	Roundhouse kick
Month 5	Rear break fall	Shoulder throw	Straight wrist lock	Knee kick
Month 6	Side break fall	Sweeping loin	Wrist lock	Front punch
Month 7	Ground drop	Chi no kata	Warrior twins	Knife hand
Month 8	Grip release 1 & 2	Sui no kata	Outer wrist lock	Elbow
Month 9	Grip release 3 & 4	Ka no kata	Finger lock	Open hand
Month 10	Grip release 5 & 6	Fu no kata	Thumb lock	Spear hand
Month 11	Grip release 7 & 8	Ku no kata	Ichi monji no Kamae	Thumb knuckle fist
Month 12	Grip release 9	Jumonji no Kamae	Hicho no Kamae	Thumb drive fist