

Technique	Week 1					Week 2					Week 3					Week 4					Week 5				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Spin Outside Crescent Kick																									
Jump Spinning RH Kick																									
Spin Hook Lvl 1																									
Jump Spin Outside Cres.																									
Spinning Heel																									
Forwards Sweep- Lvl 1																									
Forwards Sweep- Lvl 0																									
Jump Spinning Side																									
Hopping Spinning Hook																									
KICK COMBINATIONS																									
Front-Side-RH Walk																									
RH-360																									
RH-Recoil-Front-Side																									
Jump Spin Cresc X3																									
Low-High RH																									
Front-Side-RH (No drop)																									
RH-Sp Hook-Spin Cres-Spin Hook																									
RH-Sp Hook- 1- 0																									
RH-Jump Spin RH																									
Jump Sp. Inside X 6																									
Front-Side-RH-Hook (no drop)																									
Outside-Spin Outside- Jimp Spin Outside																									
RH- Jump Spin RH- Adv Side- Spin Hook																									
Hook Kick- Roundhouse																									
BREAKFALLS																									
Forwards Drop																									
Forwards Breakfall (All)																									
Bakwards Drop																									
Backwards Breakfalls (All)																									
Side Breakfall																									
Rolling Side Breakfall Lvl 1																									
OTHER TECHNIQUES																									
Push Blocks (All 3)																									
Jump Spin Backhand																									
Kick-up																									
Pushup leg pass to front																									
Total Daily Minutes:																									
Total Weekly Minutes:																									
Total Monthly Minutes (375-625 Min):												Parent Signature: _____													