

	Week 1					Week 2					Week 3					Week 4					Week 5				
Technique	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
Spinning Inside Cres Kick																									
Spin Outside Crescent Kick																									
Jump-spin Inside Cres																									
Round House Kick																									
Heavy Round House Kick																									
Scissor RH Kick																									
Jump Spinning RH Kick																									
360/Spin Hook Kick																									
Hook Kick/Adv Hook Kick																									
Spin Hook Lvl 0																									
Spin Hook Lvl 1																									
KICK COMBINATIONS																									
RH-360																									
Front-Side-RH Walk																									
RH-Recoil-Front-Side																									
Jump Spin Cresc X3																									
Front-Side-RH (No drop)																									
RH-Sp Hook-Spin Cres-Spin Hook																									
RH-Sp Hook- 1- 0																									
RH-Jump Spin RH																									
Low-High RH																									
Forwards Drop																									
Forwards Breakfall (All)																									
Bakwards Drop																									
Backwards Breakfalls (All)																									
Push Blocks (All 3)																									
Total Daily Minutes:																									
Total Weekly Minutes:																									

Total Monthly Minutes (375-625 Min): _____ **Parent Signature:** _____