

# SHADOW MOOGI

(AGES 4.5 TO 6 IN THE 1<sup>ST</sup> CLASS OF EACH DAY)

**WEEK 1 (JAN. 26<sup>th</sup>, 2026)**

## MONDAY

- PARKOUR

## TUESDAY

- OPEN HAND BASICS

## WEDNESDAY

- TUMBLING AND TRICKING

## THURSDAY

- SPARRING BASICS
  - FOOTWORK

## FRIDAY

- **BELT PROMOTION**

## SATURDAY

- BOARD BREAKING
- BAG DRILLS

# COLOR BELTS AND BLACK BELTS

## WEEK 1 (JAN. 26<sup>th</sup>, 2026)

### MONDAY

- SPARRING DRILLS
  - (STUDENTS WITH SPARRING GEAR SHOULD BRING IT IN TODAY)

### TUESDAY

- OPENHAND BASICS AND FORMS

### THURSDAY

- COMBAT STICK SPARRING
  - (STUDENTS WITH SPARRING GEAR SHOULD BRING IT IN TODAY)

### FRIDAY

- BELT PROMOTION
  - NORMAL TAEKWONDO CLASS TIMES

### SATURDAY

- WEAPONS BASICS
  - ALL STUDENTS INCLUDING SHADOW MOOGI'S AND BEGINNER BELT RANKS