

Belt Jump Camp Teaching Schedule 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
9	Techniques	½ Poomsae	P25	Pass off Poomsae	Kicking & Kick Combos Review
10	Techniques & Pass Offs	Kicking	Tech. Review	Kick Combos	Kick Combo Pass off
			Kick Combos		
11	Kicking	Self defense	Self defense	Pass off Self Defense	Poomsae & SD Review
12	½ Poomsae	Kicking Pass Offs	Step Sparring Rev	Board Breaking	Final Pass Off
	Sparring	Sparring	Sparring	Sparring	BJC Test
1					