

This Month in Class

Kicks

Front Kick
Back Kick
Knee Strike
Side Kick
Round Kick
Roundhouse Kick

Blocks

Turtle Block
Wing Block
Duck Block



Strikes

Jab
Cross
Backfist
Body Punch
Palmheel
Hammerfist

Self Defense Technique

Defending an Outside Punch
Defending Against a Wrist Grab

This month in class, we are reviewing all the kicks and strikes that we have covered so far this year. Practicing at home is going to be very important this month in order to remember all these techniques

Word of the Month

CONTROL



Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions. Control builds confidence.

The Control Sentence

Control is when I make good decisions.