




Tiger's Schedule for May 2024

DRAGON

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sparring Skip Back & Strike 2 Kick Combo	2 Sparring Block & Strike Punch & Kick	3	4 Blocking Striking 1-Steps
5	6 Focus Blocking	7 Focus Blocking Horse Stance	8 Fitness Striking	9 Sparring Kibon Hyung Wavemaster	10	11 Fitness Striking
12 	13 Focus Striking	14 Focus Fitness	15 Sparring Block & Strike Punch & Kick	16 Focus Striking	17	18 Sparring Kibon Hyung Wavemaster
19	20 Fitness Striking	21 Sparring Block & Strike Punch & Kick	22 Focus Blocking	23 Fitness Striking 1-Steps	24	25  CLOSED
26	27  CLOSED	28 Blocking Striking	29 Focus Striking	30 Focus Fitness	31	