

Tiger's Schedule for April 2020

TIGER

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