

Tiger's Schedule for March 2025

DRAGON

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