

# ATA<sup>®</sup>

**MARTIAL ARTS**

## **FREE SPARRING** *CURRICULUM*





ATA Martial Arts has created leaders and instilled the power of traditional Songahm for over 50 years. The goal of our training team is to shape and mold students' lives in a positive way, contributing to the success of all ATA members throughout the organization. That same philosophy can continue to shape the lives of young people by imparting vital life skills through ATA Martial Arts.

This curriculum focuses on Free Sparring training while incorporating the life skills of *Discipline, Belief, Communication, Respect, Self-Esteem and Honesty*.

The traditional Songahm curriculum has consistently proven to be an effective methodology of teaching and developing these life skills in students of all ages. As an addition to the core curriculum, the ATA Free Sparring Curriculum is a more dynamic and engaging program designed to enhance physical ability and technique, as well as character development.

### **THREE KEY BENEFITS OF THE ATA FREE SPARRING CURRICULUM**

**Discipline:** Commitment, determination and persistence are three of the crucial components that are developed through the intense and challenging ATA Free Sparring curriculum. There will be times when the road seems too steep or the obstacles too large, but a successful martial artist that can remain disciplined will have a greater level of success.

**Belief:** When students watch their peers perform at higher levels through the intensity of ATA Free sparring, they aspire to reach higher goals. By having the "Yes, I Can!" attitude, the free sparring curriculum will challenge students to push themselves to the next level of technique and performance.

**Respect:** The first level of respect is "Respect for Ourselves." Since the number one cause of self-destruction is peer pressure, students in this program will develop a high level of self-respect by training their bodies both physically and mentally, through Free sparring curriculum. This teaches the importance of making the right choices and staying positive as they work towards becoming an effective martial artist.



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# PLANNER EXPLANATION

## *FREE SPARRING ELEMENTS*

### **WEEKS 1 & 2**

**Offense:** Is the ability to close/create distance to initiate an attack.

### **WEEKS 3 & 4**

**Defense & Counter Attacks:** Using tactics in response to an attack. Timing and immediate response are key.

### **WEEKS 5 & 6**

**Reading Opponent:** Requires us to use proper timing to implement the correct strategy.

### **WEEKS 7 & 8**

**Review/Testing Preparation:** Using the skills taught in the previous weeks, define the expectations for testing. This should include what specific things they will be required to demonstrate and how it will be scored.



## WARM-UPS

The purpose of the warm-up is to help the body get ready for the dynamic and explosive movements that will be required in free sparring. The warm-up focuses on rhythm (footwork), which will teach them to control distance and timing while they are free sparring.

- **Switch Feet:**

- In place bounce, changing lead legs

- **Double Step Forward & Double Step Backward:**

- Forward (Back foot step / Front foot step)
- Backward (Front foot step / Back foot step)

- **4 Count Cross:** 2 bounces, then cross feet on 3, uncross on 4, repeat process.

- **4 Count Switch:** 2 bounces, then switch feet on 3, switch back on 4, repeat process.

- **Horizontal Line Movement:** Moving the back foot to work “off the line”.

- **3 Count Footwork (Out, Up/Up, Angle/Angle:**

- Bounce 3 Times
- Out - Legs apart, then together
- Up/Up - Left foot straight forward, then together, right foot straight forward, then together.
- Angle/Angle - Left foot forward (45° angle), then together, Right foot forward (45° angle), then together.

- **Knee Up Front Kick:** Knee comes up into a chambered position, put foot down, and then front kick as soon as possible.



## DRILLS

The drills are to improve a student's skill set. They are designed to be week specific and to help with the different areas of free sparring. The more they practice the drill, the more enhanced the skill will become. The student will develop confidence in their skill set and in return will use these techniques during their free sparring matches. When teaching this section, it is important to use all three training methods (Individual, Target, & Partner) to create an exciting and interactive training experience while continuing to reinforce rhythm.

- **Offensive Kick:** A kick executed moving forward (generally a #2 or #3 kick).
- **Defensive Kick:** A kick executed to either stop an opponents' forward movement or while moving backward.
- **Slide Kick:** Covering a short distance during the execution of a kick. Base foot has slight contact with the floor (generally a #1 kick).
- **Blocking Grid:** The four zones of blocking (Left High / Right High / Left Low / Right Low).
- **Side Step:** Side step "off the line" and follow up with a counter attack.
- **Kick Check:** Check attackers kick and immediately counter attack.
- **Single Step Back:** The switching of lead legs by stepping back while remaining facing the opponent. (Do not turn back to opponent).
- **Repeat Kicks:** Execute two kicks and then set the foot down.
- **Respond 3 Different Ways:** Partner A attacks with #1 round kick while Partner B responds with three different counter attacks.



## **CONDITIONING**

This section includes Strength & Power, Change of Direction, and Agility Training. With proper conditioning, a student's reaction time, performance, and recovery over an extended amount of time will improve.

- **Switch Front Kicks:** Alternating Front Kicks.
- **Partner Pull Punches:** Use partners belt to pull them off the heavy bag. Partner must work forward to attack bag.
- **Pump Kicks:** Executing multiple kicks without setting foot down in between kicks.
- **Ascending Kicks:** Adding a kick with each repetition: Rep #1 = 1 kick, Rep #2 = 2 kicks, Rep #3 - 3 kicks, Rep #4 = 4 kicks, Rep #5 =5 kicks...etc.
- **Lateral Jumps:** Jumping from side to side. Can be done:
  - With or without an obstacle
  - Single leg or with both legs
  - Facing same direction or turning in air 180 degrees

## **NO-CONTACT SPARRING**

The focus of No-Contact Sparring is to develop the student's offense, timing, and distance in a safe and controlled setting to allow their confidence to grow. We recommend not moving a student to Contact Sparring until they show consistent level of control and understanding of proper target areas.

## **CONTACT SPARRING**

Once a student has demonstrated a clear understanding of control, Contact Sparring can be introduced. Although contact will be made, it should always fall within the guidelines of the ATA Tournament Rules for what is acceptable contact.



## ***SITUATIONAL SPARRING***

The purpose of Situational Sparring is for the students to use the drills taught earlier in class under match conditions. So they can experience how the drills are applied all while testing their speed, conditioning, and strategies with other students. Contact must fall within the guidelines of the ATA Tournament Rules for what is acceptable.

- **Statue:** Partner A is in sparring stance and does not move, while Partner B is sparring towards Partner A. No contact is made. The goal is for Partner B to work on distance control (no contact) while working around Partner A in a circle. When the instructor says switch, the roles are reversed.
- **3-Move:** Partner A does three moves and then Partner B does three moves. The goal is for both partners to work on distance control (no contact is recommended) as well as timing and distance.
- **5-Move:** Partner A does five moves and then Partner B does five moves. The goal is for both partners to work on distance control (no contact is recommended) as well as timing and distance.
- **1st Point Wins:** Partners will both spar with an emphasize on scoring points. One way to use this is the first partner to score is the winner and will find a new partner. The partner that doesn't win will perform two push-ups and then rotate another partner. Contact is acceptable.
- **Hands Only Count:** Two examples of this are: Partner A is allowed to use hands only, while Partner B can kick and punch. When the instructor says switch the roles are reversed. Or, Partner A and Partner B can both kick and punch but only hands are counted for points.
- **Feet Only Count:** Two examples of this are: Partner A is allowed to use kicks only, while Partner B can kick and punch. When the instructors say switch the roles are reversed. Or, Partner A and Partner B can both kick and punch but only kicks are counted for points.





- **Maintain The Lead:** With the lead in the match, Partner A needs to move and defend to maintain the lead for the designated time.
- **Defend and Score:** With the lead in the match, Partner A needs to not only defend their lead but try to score additional points.
- **Come From Behind:** To start, Partner A is behind in the match by one or two points and must try to tie the score in the designated time.
- **Fakes and Stance Switching:** Use fakes and stance switches to read your opponent. This will help determine any weakness to attack while sparring.
- **Around the World:** Students will make a circle and two will be placed in the middle. Partner A and Partner B will spar. The first to score will stay in the middle and fight the next person. Partner A will continue to stay in as long as they continue to score first. Once Partner A loses, they will take the place of the person who won



**ATA FREE SPARRING CLASS PLANNER**

**BEGINNER**

**DISCIPLINE & RESPECT**



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	SWITCH FEET, DOUBLE STEP FORWARD, & DOUBLE STEP BACKWARD	4 COUNT CROSS 4 COUNT SWITCH	SWITCH FEET, DOUBLE STEP FORWARD, & DOUBLE STEP BACKWARD	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK	BLOCKING GRID #1 - #4 COUNTER PUNCH	#1 ROUND KICK, REVERSE PUNCH	TESTING PREPARATION
<b>CONDITIONING</b>	SPEED KICKS  SIDE KICKS - 10 SEC. (2 SETS EACH LEG)	PUNCHES (1 EACH) 30 SEC., 20 SEC., 10 SEC. (15 SEC. REST BETWEEN EACH)	BAG SPARRING* 2 SETS - 20 SEC. EACH <small>*GOAL IS TO GET TO 50 TECHNIQUES EACH SET</small>	TESTING PREPARATION
<b>NO CONTACT SPARRING</b>	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	TESTING PREPARATION
<small>*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APTITUDE THROUGH THE NO CONTACT SECTION.</small>				
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION



**ATA FREE SPARRING CLASS PLANNER**

**BEGINNER**

**BELIEF & SELF-ESTEEM**



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	4 COUNT CROSS 4 COUNT SWITCH	HORIZONTAL LINE MOVEMENT	3 COUNT FOOTWORK *OUT, *UP / UP *ANGLE / ANGLE	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK, #2 ROUND KICK	SIDE STEP, #1 SIDE KICK OR PUNCH	#1 ROUND KICK CHECK & RETURN #1 ROUND KICK	TESTING PREPARATION
<b>CONDITIONING</b>	SPEED KICKS  ROUND KICKS - 10 SEC. (2 SETS EACH LEG)	PUMP ROUND KICKS - 10 SEC. (2 SETS EACH LEG)	ASCENDING ROUND KICKS 1 TO 10	TESTING PREPARATION
<b>NO CONTACT SPARRING</b>	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING	TESTING PREPARATION
*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APTITUDE THROUGH THE NO CONTACT SECTION.				
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION



**ATA FREE SPARRING CLASS PLANNER**



**BEGINNER**  
**COMMUNICATION & HONESTY**

	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	<i>HORIZONTAL LINE MOVEMENT</i>	<i>3 COUNT FOOTWORK *OUT, *UP / UP *ANGLE / ANGLE</i>	<i>KNEE UP FRONT KICK</i>	<i>TESTING PREPARATION</i>
<b>DRILL</b>	<i>#1 REPEAT ROUND KICK</i>	<i>DEFENSIVE #1 SIDE KICK</i>	<i>SLIDE SIDE KICK, ROUND KICK PUNCH, PUNCH</i>	<i>TESTING PREPARATION</i>
<b>CONDITIONING</b>	<i>LOW / HIGH ROUND KICKS 10 SEC. (2 SETS EACH LEG)</i>	<i>SWITCH FRONT KICKS (2 SETS) 20 SEC. (20 SEC. ON / 10 SEC. OFF)</i>	<i>PARTNER PULL PUNCHES (2 SETS) 20 SEC. (20 SEC. ON / 10 SEC. OFF)</i>	<i>TESTING PREPARATION</i>
<b>NO CONTACT SPARRING</b>	<i>STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING</i>	<i>STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING</i>	<i>STATUE FREE SPARRING 3 MOVE FREE SPARRING FREE SPARRING</i>	<i>TESTING PREPARATION</i>
<i>*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APTITUDE THROUGH THE NO CONTACT SECTION.</i>				
<b>CONTACT SPARRING</b>	<i>FREE SPARRING</i>	<i>FREE SPARRING</i>	<i>FREE SPARRING</i>	<i>TESTING PREPARATION</i>



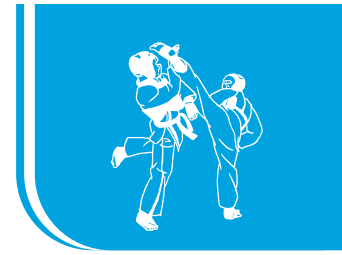
**ATA FREE SPARRING CLASS PLANNER**

**INTERMEDIATE  
DISCIPLINE & RESPECT**



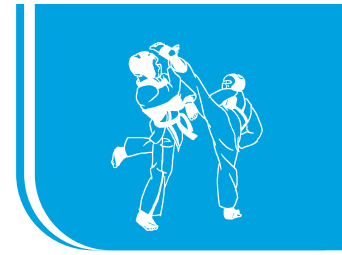
	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	SWITCH FEET, FORWARD, BACKWARD	4 COUNT CROSS 4 COUNT SWITCH	SWITCH FEET, FORWARD, BACKWARD	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK, ROUND KICK, PUNCH, PUNCH	SINGLE STEP BACK #2 ROUND KICK	FAKE BACKFIST PARTNER MOVES BACK = # 1 ROUND KICK PARTNER MOVES FORWARD = #1 HOOK KICK	TESTING PREPARATION
<b>CONDITIONING</b>	SPEED KICKS SIDE KICKS - 20 SEC. ROUND KICKS - 20 SEC. (2 SETS EACH LEG)	PUNCHES (1 EACH) 30 SEC., 20 SEC., 10 SEC. (15 SEC. REST BETWEEN EACH)	ROUND KICK 20 SEC. (2 SETS EACH LEG)	TESTING PREPARATION
<b>NO CONTACT SPARRING</b>	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	TESTING PREPARATION
*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APITUDE THROUGH THE NO CONTACT SECTION.				
<b>CONTACT SPARRING</b>	FREE SPARRING	PARTNER A - OFFENSE PARTNER B - COUNTER ATTACKS	AROUND THE WORLD	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	PARTNER A - DOWN 0-1 20 SEC. TO TIE SCORE	PARTNER A - 2-1 LEAD DEFEND & SCORE WITH COUNTERS ONLY	FAKES & STANCE SWITCHES TO READ OPPONENTS REACTIONS	TESTING PREPARATION

ATA **FREE SPARRING** CLASS PLANNER  
**INTERMEDIATE**  
**BELIEF & SELF-ESTEEM**



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	4 COUNT CROSS 4 COUNT SWITCH	HORIZONTAL LINE MOVEMENT	3 COUNT FOOTWORK *OUT, *UP/UP, *ANGLE/ANGLE	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK, #2 ROUND KICK, REVERSE SIDE KICK	REVERSE SIDE KICK	#1 REPEAT ROUND KICK - LOW / HIGH - HIGH / LOW	TESTING PREPARATION
<b>CONDITIONING</b>	3 LATERAL JUMPS, 4 SWITCH FRONTS 20 SEC. (2 SETS EACH LEG)	#1 SIDE KICK, REVERSE SIDE KICK - 20 SEC. (2 SETS EACH LEG)	PUMP ROUND KICKS 20 SEC. (2 SETS EACH LEG)	TESTING PREPARATION
<b>NO CONTACT SPARRING</b>	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	TESTING PREPARATION
<i>*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APTITUDE THROUGH THE NO CONTACT SECTION.</i>				
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	FIRST POINT WINS	PARTNER A - 3-1 LEAD MAINTAIN LEAD FOR 20 SEC.	ROUND 1 - ONLY HANDS COUNT ROUND 2 - ONLY FEET COUNT	TESTING PREPARATION

**INTERMEDIATE**  
**COMMUNICATION & HONESTY**



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	HORIZONTAL LINE MOVEMENT	3 COUNT FOOTWORK *OUT, *UP/UP, *ANGLE/ANGLE	KNEE UP FRONT KICK	TESTING PREPARATION
<b>DRILL</b>	#1 HOOK KICK, ROUND KICK, REVERSE HOOK KICK	REVERSE HOOK KICK	PARTNER A - #1 ROUND KICK, PARTNER B - RESPOND 3 DIFFERENT WAYS	TESTING PREPARATION
<b>CONDITIONING</b>	LOW / HIGH ROUND KICKS 20 SEC. (2 SETS EACH LEG)	SWITCH FRONT KICKS (3 SETS) 20 SEC. (20 SEC. ON/10 SEC. OFF)	PARTNER PULL PUNCHES (2 SETS) 30 SEC. (30 SEC. ON/10 SEC. OFF)	TESTING PREPARATION
<b>NO CONTACT SPARRING</b>	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	5 MOVE FREE SPARRING FREE SPARRING	TESTING PREPARATION
*BEFORE STUDENT PROGRESSES TO CONTACT SPARRING, THEY MUST SHOW APTITUDE THROUGH THE NO CONTACT SECTION.				
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	PARTNER A - DOWN 0-1 20 SEC. TO TIE SCORE	PARTNER A - 2-1 LEAD DEFEND & SCORE WITH COUNTERS ONLY	FAKES & STANCE SWITCHES TO READ OPPONENTS REACTIONS	TESTING PREPARATION



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	SWITCH FEET, DOUBLE STEP FORWARD, & DOUBLE STEP BACKWARD	4 COUNT CROSS 4 COUNT SWITCH	SWITCH FEET, DOUBLE STEP FORWARD, & DOUBLE STEP BACKWARD	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK, ROUND KICK, PUNCH, PUNCH	SINGLE STEP BACK, #2 ROUND KICK	FAKE BACKFIST PARTNER MOVES BACK = # 1 ROUND KICK PARTNER MOVES FORWARD = #1 HOOK KICK	TESTING PREPARATION
<b>CONDITIONING</b>	SPEED KICKS SIDE KICKS - 20 SEC. ROUND KICKS - 20 SEC. FRONT KICKS - 20 SEC. (2 SETS EACH LEG)	PUNCHES (1 EACH) 30 SEC., 20 SEC., 10 SEC. (5 SEC. REST BETWEEN EACH)	ROUND KICK - 20 SEC. (3 SETS EACH LEG)	TESTING PREPARATION
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	PARTNER A - DOWN 0-2 20 SEC. TO TIE SCORE	PARTNER A - OFFENSE PARTNER B - COUNTER ATTACKS	AROUND THE WORLD	TESTING PREPARATION





	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	4 COUNT CROSS 4 COUNT SWITCH	HORIZONTAL LINE MOVEMENT	3 COUNT FOOTWORK *OUT, *UP / UP, *ANGLE / ANGLE	TESTING PREPARATION
<b>DRILL</b>	OFFENSIVE #1 SIDE KICK, ROUND KICK, REVERSE SIDE KICK	REVERSE SIDE KICK	#1 REPEAT ROUND KICK - LOW / HIGH - HIGH / LOW	TESTING PREPARATION
<b>CONDITIONING</b>	3 LATERAL JUMPS, 4 SWITCH FRONTS 20 SEC. (3 SETS EACH LEG)	#1 SIDE KICK, REVERSE SIDE KICK 20 SEC. (3 SETS EACH LEG)	PUMP ROUND KICKS, 20 SEC. (3 SETS EACH LEG)	TESTING PREPARATION
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	FIRST POINT WINS	PARTNER A - 3-1 LEAD MAINTAIN LEAD FOR 20 SEC.	ROUND 1 - ONLY HANDS COUNT ROUND 2 - ONLY FEET COUNT	TESTING PREPARATION



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>READING OPPONENT</b>	<b>REVIEW</b>
<b>WARM UP</b>	HORIZONTAL LINE MOVEMENT	3 COUNT FOOTWORK *OUT, *UP / UP, *ANGLE / ANGLE	KNEE UP FRONT KICK	TESTING PREPARATION
<b>DRILL</b>	#1 HOOK KICK, ROUND KICK, REVERSE HOOK KICK	REVERSE HOOK KICK	PARTNER A - #1 ROUND KICK PARTNER B - RESPOND 3 DIFFERENT WAYS	TESTING PREPARATION
<b>CONDITIONING</b>	LOW / HIGH ROUND KICKS 20 SEC. (3 SETS EACH LEG)	SWITCH FRONT KICKS (1 EACH) 30 SEC., 20 SEC., & 10 SEC. (5 SEC. REST BETWEEN EACH)	PARTNER PULL PUNCHES (2 SETS) 30 SEC. (30 SEC. ON / 5 SEC. OFF)	TESTING PREPARATION
<b>CONTACT SPARRING</b>	FREE SPARRING	FREE SPARRING	FREE SPARRING	TESTING PREPARATION
<b>SITUATIONAL SPARRING</b>	PARTNER A - DOWN 0-2 20 SEC. TO TIE SCORE	PARTNER A - 2-1 LEAD DEFEND & SCORE WITH COUNTERS ONLY	FAKES & STANCE SWITCHES TO READ OPPONENTS REACTIONS	TESTING PREPARATION