

TKD - April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 KICKING	3 KICKING 3 STEPS	4 2 STEPS SPARRING	5 SPARRING	6 TKD SCHOOL CLOSED	7 TKD SCHOOL CLOSED
8	9 1 STEPS SELF DEFENSE	10 FORMS	11 FORMS	12 1 STEPS SELF DEFENSE	13 KICKING	14 KICKING 3 STEPS
15	16 2 STEPS SPARRING	17 SPARRING	18 1 STEPS SELF DEFENSE	19 FORMS	20 FORMS	21 1 STEPS SELF DEFENSE
22	23 KICKING	24 KICKING 3 STEPS	25 2 STEPS SPARRING	26 SPARRING	27 1 STEPS SELF DEFENSE	28 FORMS
29	30 FORMS					