

## **Birthday Party Class Planner**

An assistant should be taking photographs. Use music when appropriate.

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### **Bow In (4 min :04)**

- Give Birthday Person Honorary Black Belt
- Teach Basics: Jhoon Bee, Charyut, Kyeong Nae, Yes Sir/Yes Ma'am

### **Warm up (3 min :07)**

- Jumping Jacks
- Mountain Climbers
- Running in place

### **Basic Techniques**

#### **• Punch (6 min :13)**

- Middle stance, facing mirrors
- Facing partners (speed contest)
- Single file lines, on bags

#### **• Front Kick (8 min :21)**

- Front stance, facing doors
- Tension (holding partner's hand)
- Single file lines, on bags

#### **• Knifehand strike (8 min :29)**

- Middle stance, facing mirrors
- With partners holding wrist (reaction force)
- Single file lines, on bags

#### **• Blocks (8 min :37)**

- Teach blocking grid
- Partner game with slaps to head
- Partner game with tags to waist
- Partner game to head and waist

### **Self-Defense – weak link wrist escape (3 min :40)**

### **Closing Discussion (3 min :43)**

- Explain meaning of self-defense
- Promise not to use except in self-defense
- Tell students they'll get free one-month pass in gift bags

### **Bow-out (2 min :45)**

**Dismiss all students to wash up**