



Lee's Martial Arts

August 2015 Schedule

Monthly Theme: Attitude 태도

We start by dissolving our attitude, not by altering our outer conditions. – Bruce Lee

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Plan for September	31 Monthly Review					1 Review
2 Test Preparation	3 TKD – Review for Test HKD – Punch Defense	4 TKD – Review for Test HKD – Throws	5 TKD – Review for Test HKD – Punch Defense	6 TKD – Review for Test HKD – Throws	7 Forms review for Test	8 Promotion Test 10am
9 No Black Belt Classes	10 TKD – Review of Test Makeup Test 6pm	11 Review of Test HKD – Punch Defense	12 TKD – New Forms HKD – Throws	13 TKD – New Forms HKD – Punch Defense	14 Forms	15 Weekly Review
16 TKD – Strikes, stances HKD – Ground Work	17 TKD – Stances HKD – Ground Defense	18 TKD – Strikes HKD – Basic Wrestling	19 TKD - Stances HKD – Ground Defense	20 TKD – Strikes HKD – Ground Defense	21 Forms Women's Self Defense 7pm	22 Weekly Review
23 No Black Belt Classes	24 TKD – Strikes HKD – Throws	25 TKD – Stances HKD – Falls/Throws	26 TKD – Strikes HKD – Falls	27 TKD – Stances HKD – Falls/Throws	28 Forms	29 Monthly Review