

CB ACADEMY MONTHLY PLANNER

MONTH:

August - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Footwork Fundamentals (10 mins)	2 Freestyle Footwork (12 mins)	3 Hand combo 1 (8 mins)	4 Hand Combo 2 (16 mins)	5 Learn a musical form (9 mins)	6 Rest Day	7 Rest Day
8 Back to Basics (39 mins)	9 Improve your balance & control (25 mins)	10 Higher Kicks Class (20 mins)	11 Understanding the strength behind our kicks (50 mins)	12 Beginner Balance routine (14 mins)	13 Rest Day	14 Rest Day
15 Optimal Kicks (30 mins)	16 Directional Kicking drill (8 mins)	17 Resistance leg workout (14 mins)	18 Kickfit Workout (16 mins)	19 Optimal Kicks (40 mins)	20 Rest Day	21 Rest Day
22 Link your spin hook (5 mins)	23 Canon Kicking (7 mins)	24 Round Kick - Side Kick (5 mins)	25 Axe Kick - Round Kick (4 mins)	26 Jump Sequence (6 mins)	27 Rest Day	28 Rest Day
29 Bo Staff Warm Up (16 mins)	30 Around the World (6 mins) 360 spin (4 mins)	31 Fake neck roll (6 mins) punch release (3 mins)			Rest Day	Rest Day