

















CB ACADEMY MONTHLY PLANNER

MONTH:

September - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			 1 Let's Balance (13 mins)	2 Higher kicks Class (30 mins)	3 Rest Day 	4 Rest Day 
 5 Mastering our kicks (10 mins)	6 Understanding our kicks! (50 mins)	7 Foam Roll Recovery (25 mins)	8 Optimal Kicks (30 mins)	 9 Let's Jump Rope (12 mins)	10 Rest Day 	11 Rest Day 
 12 Footwork Fundamentals (10 mins)	13 Freestyle Footwork (12 mins)	14 Hand combo 1 (8 mins)	15 Hand Combo 2 (16 mins)	 16 Learn a musical form (9 mins)	17 Rest Day 	18 Rest Day 
 19 Learn to Kip-up (10 mins)	20 Learn to arial (13 mins)	 21 Tornado kick (13 mins)	22 start linking your kicks (6 mins)	23 Ultimate feel good (15 mins)	24 Rest Day 	25 Rest Day 
26 Shoulder mobility for bo staff (12 mins)	 27 Bo Staff Spin Sequence (6 mins)	28 Bo Staff around the World (6 mins)	29 fake neck roll (6 mins)	30 Hand Rolls (8 mins)		

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