**Black class FORMS**

**January 27 2014**

Prior

OPEN: 10 / 15

FORM: 10/25

WEAPON: 10/35

ALL: TKD DRILL FROM FORMS 10/45

COMBATIVE DRILL + FITNESS 15/55

* Black belt self defense
* PPCT
* Joint manipulation
* CM Clark Combative combinations (block1 Jan 2014)

NOTE: Choose only **ONE TOPIC** every eight weeks, and focus on that topic so that by graduation, the students may demonstrate their skill level at testing.

Close 5/60