MAW Yearly Lesson plan-2020
(52 Week-)

1) **12-30- 1-5:** Basic / Advanced / Breaking / Poom Se / Self-defense / Sparring

2) 1- 6-12: Breaking & Poom-Se

3) 1- 13-19: Advanced Basic & Self-Defense

4) 1-20-26: Sparring

5) 1-27 to 1-2: Breaking & Poom-Se

Saturday- January 31-February 1: Leadership Camp / All star DEMO

6) 2-3-9: Advanced basic & Self-Defense

7) 2-10-16: Championship

8) 2-17 -23: Review & Super Expo Rehearsal

Friday- 22 February: Super expo

1) 2-24- 3-1: Breaking & Poom-Se

2) 3-2-8: Advanced basic & Self-Defense

3) 3-9-15: Championship / Prepare Black Belt Testing

4) 3-16-22: Championship / Prepare Black Belt Testing

5) 3-23 - 29: Championship / Prepare Black Belt Testing

6) 3-30 -4-5: Championship / Prepare Black Belt Testing

Friday 3 – April : Black Belt Expo / Saturday-4 - April: Super-show

7) 4-6-12: Basic / Advanced / Breaking / Poom Se / Self-defense / Sparring

8) 4-13-19: Review & Super Expo Rehearsal

Friday- 18 April: Super Expo

1) 4-20-26: Breaking & Poom-Se

2) 4-27 to 5-3: Advanced basic & Self-Defense

3) 5-4-10: Sparring

4) 5-11-17: Breaking & Poom-Se

5) 5-18-24: Advanced basic & Self-Defense

6) 5-25 -31: Championship

7) 6-1-7: Review & Super Expo Rehearsal

Saturday-6-June: Super Expo

1) 6-8-14: Breaking & Poom-Se

2) 6-15-21: Advanced basic & Self-Defense

3) 6-22-28: Sparring

4) 6- 29 - 7-1-5: Basic / Advanced / Breaking / Poom Se / Self-defense / Sparring

Thursday July 2- Sunday 5 MAW University

5) 7-6-12: Breaking & Poom-Se

6) 7-13-19: Advanced basic & Self-Defense

7) 7-20-26: Review & Super Expo Rehearsal

Saturday-25-July: Belt Super Expo

1) 7-27-8,2: Breaking & Poom-Se

2) 8-3-9: Advanced Basic & Self-Defense

3) 8-10-16: Sparring

4) 8-17-23: Breaking & Poom-Se

5) 8-24 - 30: Advanced & Self-Defense

6) 8-31 9-1-6: Championship

7) 9-7-13: Review & Super Expo Rehearsal

Saturday-12-September: Super Expo

1) 9-14-20: Breaking & Poom-Se

2) 9-21-27: Advanced & Self-Defense

Saturday-25 -Sept: Leadership camp – All star DEMO

3) 9- 28 to 10-4: Championship / Prepare Black Belt Testing

4) 10-5-11: Championship / Prepare Black Belt Testing

5) 10-12-18: Championship / Prepare Black Belt Testing

Friday -16-Oct: Black Belt testing / Saturday-17-Oct: Super-show

6) 10-19-25: Review & Super Expo Rehearsal

Saturday -24-October: Super Expo

1) 10-26 to11 -1: Breaking & Poom-Se

2) 11-2-8: Advanced & Self-Defense

3) 11-9-15: Sparring

4) 11-16-22: Breaking & Poom-Se

5) 11-23 - 29 Advanced & Self-Defense

6) 11-30 to 12- 6: Championship

7) 12-7-13: Review & Super Expo Rehearsal

Saturday-12-December: Super Expo

1)12-14-20: Breaking & Poom-Se

2)12- 21-31: **Self practice:** Meditation / Power exercise / Basic / Poom Se

Plan for Success!