

# Tiger's Schedule for September 2024

CRANE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>CLOSED</b> 	3 Fitness Striking	4 Sparring Skip Back & Strike 2 Kick Combo	5 Focus Blocking Horse Stance	6	7 Focus Blocking
8	9 Sparring Skip Back & Strike 2 Kick Combo	10 Focus Blocking Horse Stance	11 Focus Blocking	12 Sparring Block & Strike Punch & Kick	13	14 Sparring Skip Back & Strike 2 Kick Combo
15	16 Fitness Blocking Horse Stance	17 Focus Fitness	18 Sparring Block & Strike Punch & Kick	19 Sparring Kibon Hyung Wavemaster	20	21 Focus Fitness Horse Stance
22	23 Focus Blocking	24 Sparring Block & Strike Punch & Kick	25 Fitness Striking	26 Focus Striking	27	28 Blocking Striking 1-Steps
29	30 Focus Striking					