

Tiger's Schedule for September 2024

CRANE

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