

TUMBLEKICK

The Center for Children's Martial Arts & Gymnastics in Studio City, California

May

Monday	Thursday	Saturday	Monday	Thursday	Saturday
18	21	23	25	28	30
<p>Martial Arts: Mastering First kick for each belt (with pads if you have them);</p> <p>Mastering first hand technique for each belt;</p> <p>Tumbling: different rolls</p> <p>TK Gymnastics: Mastering forward roll, tuck roll, candlestick, backward roll</p>	<p>TK Martial Arts: Mastering second kick for each belt (with pads if you have them)</p> <p>Mastering second hand technique for each belt</p> <p>Tumbling Hand Stand 'prep'</p> <p>Special Event Sit-up contest</p> <p>TK Gymnastics: Mastering push up plank hold, tp hold, hollow hold, elevated plank, lunge into handstand variation</p>	<p>TK Martial Arts: Mastering third kick for each belt (with pads if you have them);</p> <p>Mastering first segment of forms</p> <p>Tumbling: Cartwheel strength readying drills</p> <p>Special Event "nunchuck" in third hour -all ages</p> <p>TK Gymnastics: Mastering cartwheel variations</p> <p>push up variation, crunch variation, leg lift variation, burpees</p>	<p>TK Martial Arts: Mastering hand techniques & kicking with application</p> <p>Ages 7-12: Kicking Techniques</p> <p>Form Practice</p> <p>Special Event Push-up contest</p> <p>TK Gymnastics: Mastering jump variations and roll review pirouette basics</p>	<p>TK Martial Arts: Mastering second segment of forms</p> <p>Tumbling: Balance Beam practice – you are permitted to use belt as imaginary beam</p> <p>Ages 7-12: Forms</p> <p>Kicking Techniques</p> <p>Special Event: Power Breaking Drills</p> <p>TK Gymnastics: Handstand review and beam practice</p>	<p>TK Martial Arts: Kicking Combination; Sparring Technique Drills</p> <p>Punching Drills</p> <p>Tumbling: Cartwheel practice</p> <p>Special Event "Jackie Chan Moves" combining martial arts and tumbling</p> <p>TK Gymnastics: forward backward roll and cartwheel review</p>