

# WAY OF ORIENT

## LESSON PLAN GUIDELINES

This guideline is to assist Way of Orient Instructors and students with a plan to keep pace with their testing goals. This plan is set in a monthly fashion. The week or two before testing, the instructors may go off the lesson plan to address specific needs. Use this guideline as a primer for study.

### **THE FOLLOWING IS TO BE COVERED EVERY DAY:**

BASIC DRILL- POWER OR COMBAT- STRIKES AND BLOCKS  
KICKING  
FALLING/ROLLING

### **THE FOLLOWING IS THE CLASS-BY-CLASS GUIDELINE:**

CLASS TOTAL TIME- 75 MINUTES

15 MINUTES- ANNOUNCEMENTS AND WARM-UPS  
10 MINUTES- BASIC DRILL(S)  
10 MINUTES- KICKING  
10 MINUTES- FALLING/ROLLING  
25 MINUTES- WEEKLY CLASS EMPHASIS  
5 MINUTES- COOL DOWN

### **THE FOLLOWING IS THE MONTHLY GUIDELINE FOR TRAINING:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Week 1</u> Forms Kicking	Falling/rolling Throwing Arm/wrist lock	All strikes Movement	Throwing 1-steps	Stances/ Walking drills Chokes/escape	All strikes Sparring
<u>Week 2</u> Throwing Arm/leg locks	Hand Strikes Movement Sparring	Kicking 1-steps	Forms Sparring	Kick defense Leg locks (brown & up)	Falling/rollin Locks/throw Grappling
<u>Week 3</u> Arm/wrist lock Movement	Stances/ Walking drill Stick(blue&up)	Forms Sparring	Kicking 1-steps	Throwing Shooting Grappling	All strikes Sparring
<u>Week 4</u> 1-steps Sparring	Chokes/escape Forms	Stances/ Walking drill Grappling	Throwing Shooting Grappling	Knife defense (green & up) Movement	Forms Kicking Sparring
<u>Week 5</u> Kick defense Grappling	All strikes 1-steps	Falling/rolling Forms	Clothing grab/ Escapes Initiate attacks	Throwing Sparring	Walking drill 1-steps Sparring

Any questions or requests should be addressed to Master Seveney or Mr. Harvey at the studio, or call 652-1214 or email at [Russell@wayoforient.com](mailto:Russell@wayoforient.com).