



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

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Class Lesson Format Guideline

Exercise	10 Minutes
1. Mobility	
2. Strength	
3. Light stretching	
Striking technique	15 Minutes
4. Tsuki	
5. Keri	
6. Basic Steps Kata	
Breakfall	30 Minutes
7. As outlined <i>Breakfall, Technique Description</i>	
Technique	25 Minutes
8. Self defence technique training with a partner	
9. Sutegeiko - two-man attack restricted: non-competitive, Syllabus techniques only attack and defence	
Cool-down	10 Minutes
10. Stretch out all major muscle groups	