Class Title:		Date:
Instructor:	功	Venue:
Type of Class:	夫	Time of Class:
Estimated number in class:	KUNG FU	Class Sequence:
Specific Learning Outcomes:		
Resources required and safety issues:		
Warm up and Conditioning (Kids 10min adults 20mins):		
Stretching (Kids 5min adults 10mins):		
Techniques and Application:		
Cool Down:		
Evaluation		