

THE PAUL MITCHELL EXPERIENCE CLASS SCHEDULE OVERVIEW 2018

3:00 - 4:00	4:00 - 5:00	5:00 - 6:00
<p>Bo:</p> <ul style="list-style-type: none"> releases manipulations the how-to of current sport karate bo 	<p>Bo:</p> <ul style="list-style-type: none"> timing and execution what to look for when adding new moves the key to a competitive format 	<p>Bo:</p> <ul style="list-style-type: none"> how to take news skills, timing and execution and apply them to your current form or make a new one.
<p>Form:</p> <ul style="list-style-type: none"> creative and upgraded hand combinations to help you stand out 	<p>Form:</p> <ul style="list-style-type: none"> timing and execution, knowing how to make simple look extraordinary 	<p>Form:</p> <ul style="list-style-type: none"> how to take news skills, timing and execution and apply them to your current form or make a new one.
<p>Kama:</p> <ul style="list-style-type: none"> creative manipulations and tricks that will set you apart 	<p>Kama:</p> <ul style="list-style-type: none"> timing and execution, the performers trick to making combinations stand out 	<p>Kama:</p> <ul style="list-style-type: none"> how to take news skills, timing and execution and apply them to your current form or make a new one.
<p>Nunchucks:</p> <ul style="list-style-type: none"> how to add swagger and style into your movements 	<p>Nunchucks:</p> <ul style="list-style-type: none"> timing and execution how to make basic combinations into unique impactful additions for a winning form. 	<p>Tricking:</p> <ul style="list-style-type: none"> basic to more advance level tricking. how to get from beginner move to performance ready.
<p>Point Sparring:</p> <ul style="list-style-type: none"> offensive drills, skills and strategies to excelling at going forward. 	<p>Point Sparring:</p> <ul style="list-style-type: none"> defensive drills, skills and strategies to excelling at going forward. 	<p>Point Sparring:</p> <ul style="list-style-type: none"> Fight IQ. What is your fighting style and how to utilize that against your opponent.