

# IRON FIST ONLINE

## WEEK 4 LESSON PLAN – **ADVANCED**

**Word of the Week:** FOCUS

**Warm-Ups:** 3 JUMPING JACKS / 3 PUSHUPS for 30 seconds

**Plank:** 45 SECONDS

**Stretches:** Neck exercise, hip rotation, touch your toes, left & right leg side stretches, left & right hurdler stretches, middle splits for 1 minute

**Horse stance/ Front Stance Blocks with punch (10x):** 8 count block form High, low, inside, outside

**Fighting stance punches (10x each side):** Jab / Jab / Reverse Punch / Jab

**Fighting Stance Kicks (10x each side) on pads or air:** Jump Snap Kick. Jab / Reverse / Jump Snap Kick Combo

**Grab Defense (10x):** Bear Hug Defense

**Practice Forms:** 10 Minutes