

IRON FIST ONLINE

WEEK 6 LESSON PLAN – **ADVANCED**

Word of the Week: HONOR

Warm-Ups: 3 Jumping Jacks / 3 push-ups

ABS: Plank 1 minute

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

Horse Stance Punches to 10 in Korean

Fighting stance punches (10x each side): Jab/Reverse/Hook/ Uppercut combo

Fighting stance block/punch combo (10x each alternating): high, outside, inside

Focus Pads/Pillow OR Air Strikes (perform 3 sets each 10x/each side): Front Leg Snap Kick Jab Reverse and jump knee strike combo / Roundhouse Butterfly spinning sidekick combo

Strike Defense (Practice 10x): High Block defense with Take-down and Arm Bar

Weapons: Bo Staff

Practice Forms: 10 Minutes