

IRON FIST ONLINE

WEEK 14 LESSON PLAN – MIXED & ADVANCED

Word of the Week: RESPECT

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

Stretch Kicks, Outside Crescent Kicks, Inside Crescent Kicks 10x each leg

Horse Stance Punches to 10 in Korean & Quadruple

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

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

WORK ALL BLOCKS PER RANK AND START ON GRAB DEFENSES

Weapons: Bo Staff / nunchuks

Practice Forms: 10 Minutes