

IRON FIST ONLINE

WEEK 13 LESSON PLAN - JUNIORS

Word of the Week: HONOR

Warm-Ups: 20 jumping jacks / 10 push-ups / 10 sit-ups

Stretches: Neck exercise, hip rotation, touch your toes, reach for your left foot then your right, left & right leg flying sidekick stretches, left & right leg to ear, both legs forward touch your toes, middle splits for 30 seconds

Horse stance punches (10x each): single, double, triple, quadruple

Horse stance blocks (10x each): high, outside, inside, low, double outside

Switching Game: Call out switch, double switch, or funny word instead

Focus Pads OR Pillow Drills (3 sets of 6-10x each): (1) 2 frog jumps / 2 high blocks / 2 punches / 2 snap alternating kicks. (2) Rolly Polly sommersault 2 outside blocks / 2 punches / 2 alternating roundhouse kicks, (3) Hop on your right leg then your left leg 2 times / 2 low blocks / 2 punches / 2 alternating sidekicks

Grab One Shoulder Defense (Practice 10x): Inside block to step up sidekick