

IRON FIST ONLINE

WEEK 2 LESSON PLAN - **ADVANCED**

Word of the Week: PERSEVERANCE

Warm-Ups (20x): 3 jumping jacks / 3 push-ups

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

Fighting stance punches (10x each side): Jab. Reverse Punch. Front Hook Punch. Jab/Reverse/Hook combo

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

Focus Pads/Pillow OR Air Strikes (perform 3 sets each): step up Side kicks (10x each leg) / Step up hook kicks (10x each leg) / Spinning hook kicks (10x each leg)

Practice Forms: 10 Minutes

Strike Defense (Practice 10x): Outside Block defense

Grab Defense (Practice 10x): Front choke defense (TOTAL COMBAT version)

ABS (3 sets of 60 seconds): Planks