

# IRON FIST ONLINE

## WEEK 1 LESSON PLAN - JUNIORS

**Word of the Week:** MODESTY

**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 Strikes (3 sets of 6x each):** Alternating snap kicks, alternating roundhouse kicks, alternating sidekicks

**Grab Defense (Practice 10x):** Front two-handed shoulder grab – Double outside black push