

IRON FIST ONLINE

WEEK 9 LESSON PLAN – (AGES 6.5+)

Word of the Week: PERSEVERANCE

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 & Crescent Kicks 10x each leg

Horse Stance Punches to 10 in Korean, Double, Triple, Quadruple

Fighting stance punches (10x each side): Uppercut

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

Focus Pads/Pillow OR Air Strikes (perform 3 sets each 10x/each side): (1) 3
roundhouse right leg / 4 straight punches / 3 roundhouse left leg

Defense (Practice 10x): Inside block defense & low block defense

Weapons: Bo Staff / nunchuks

Practice Forms: 10 Minutes