

# IRON FIST ONLINE

## WEEK 9 LESSON PLAN – ADVANCED

**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 & Snap Crescent Kicks 10x each leg**

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

**Fighting stance punches (10x each side):** Uppercut / Ridgehand strike

**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):** 2 roundhouse 1 Tornado kick right leg / 4 straight punches / 3 1 tornado kick roundhouse left leg

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

**Weapons:** Bo Staff / nunchuks

**Practice Forms:** 10 Minutes