

# IRON FIST ONLINE

## WEEK 11 LESSON PLAN – **ADVANCED**

**Word of the Week:** FOCUS

**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, Outside Crescent Kicks, Inside Crescent Kicks 10x each leg**

**Horse Stance Punches to 10 in Korean & Quadruple**

**Fighting stance punches (10x each side):** Jab / Reverse / Hook / Uppercut

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

**WORK ALL STRIKE DEFENSES PER RANK**

**Weapons:** Bo Staff / nunchuks

**Practice Forms:** 10 Minutes