

IRON FIST ONLINE

WEEK 10 LESSON PLAN – **ADVANCED**

Word of the Week: COURAGE

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 & Inside Whip Kicks 10x each leg

Horse Stance Punches to 10 in Korean & Quadruple

Fighting stance punches (10x each side): Jab / Reverse / Hook / Uppercut / Spinning Back Fist

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): Inside Whip Kick / Jump Spin Side Kick

Front Choke Defense (Practice 10x): Krav Maga version

Weapons: Bo Staff / nunchuks

Practice Forms: 10 Minutes