

# IRON FIST ONLINE

## WEEK 1 LESSON PLAN

**Word of the Week:** MODESTY

**Warm-Ups:** 20 jumping jacks/ /10 push-ups / 10 sit-ups

**Stretches:** Neck exercise, hip rotation, touch your toes, left & right leg side stretches, left & right hurdler stretches, middle splits for 1 minute

**Horse stance punches (10x each):** single, double, triple, quadruple

**Horse stance blocks (10x each):** high, outside, inside, low

**Focus Pads OR Air Strikes (perform 3 sets each):** Roundhouse kicks (10 kicks each leg) / Hook punches (10 hook punches)

**Practice Forms:** 10 Minutes

**Strike Defense (Practice 10x):** High strike defense / Straight punch defense

**Grab Defense (Practice 10x):** Rear choke defense