

IRON FIST ONLINE

WEEK 7 LESSON PLAN – **ADVANCED**

Word of the Week: RESPECT

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

Horse Stance Punches to 10 in Korean

Fighting stance punches (10x each side): Elbow #1/Elbow #2/ 2 Knee combo

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): “A” block, 4 punches 2 elbows 2 knee strikes / Roundhouse step up spinning hook kick combo

Strike Defense (Practice 10x): Rear choke defense

Weapons: Bo Staff

Practice Forms: 10 Minutes