

# IRON FIST ONLINE

## WEEK 3 LESSON PLAN - JUNIORS

**Word of the Week:** COURAGE

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

**Stretches:** Neck exercise, hip rotation, touch your toes, reach for your left foot then your right, left & right leg flying sidekick stretches, left & right leg to ear, both legs forward touch your toes, middle splits for 30 seconds

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

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

**Switching Game:** Call out switch, double switch, or funny word instead

**Focus Pads OR Pillow Drills (3 sets of 6-10x each):** (1) 4 punches / 2 alternating push kicks. (2) 4 punches / 2 alternating roundhouse kicks, (3) 4 punches / 2 alternating sidekicks

**Defense (Practice approx. 2 minutes):** Random order of alternating blocks: High, Low, Inside, Outside, Double Outside