

IRON FIST ONLINE

WEEK 2 LESSON PLAN – (AGES 6.5+)

Word of the Week: PERSEVERANCE

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

Fighting stance punches (10x each side): Jab. Reverse Punch. Jab/Reverse combo

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

Focus Pads/Pillow OR Air Strikes (perform 3 sets each): Side kicks (10 kicks each leg) / Jab/Reverse/knee strike combo alternating 10x total.

Practice Forms: 10 Minutes

Strike Defense (Practice 10x): Outside Block defense

Grab Defense (Practice 10x): Front choke defense