

IRON FIST ONLINE

WEEK 3 LESSON PLAN – (AGES 6.5+)

Word of the Week: COURAGE

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 side): Single. Double. Triple. Quadruple

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

Fighting Stance Block/kick combo (10x each side): Slide back low block to a back leg roundhouse kick

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

Strike Defense (Practice 10x): Low Block defense

Weapon Defense (Practice 10x): Top of head stick defense. Alternating sides

Practice Forms: 10 Minutes