

IRON FIST ONLINE

WEEK 8 LESSON PLAN – **ADVANCED**

Word of the Week: MODESTY

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): Front low roundhouse/Jab/Reverse palm strikes

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): (1)

Jab/reverse/jab/J swing/J swing/2 Elbow #2s/2 knee strikes. (2) Jab/spinning back fist/rear knee strike/judo takedown

Grab Defense (Practice 10x): Inside block defense & Outside block defense

Weapons: Bo Staff

Practice Forms: 10 Minutes