

Empower Kickboxing Term 1

Module 1-Week 1

Class 1	Class 2
Self-Defense Parents/Kids-One on One	Self-Defense 911 Demo
WARM UP	WARM UP
Review Blocks 1 – 2 FAST	Review Blocks 7 – 8 FAST
1. Blocks 1 & 2	1. Blocks 7 – 8
2. Coordination Jumping Jacks	2. Coordination Jumping Jacks

3. 10 Push-ups	3. 10 Push-ups
4. Fighting Stance Leaps	4. Fighting Stance Leaps
5. 1-1-2 Switch Knee Strike	5. 1-1-2 Switch Knee Strike
6. Directional Hops	6. Directional Hops
7. 10 Push-ups	7. 10 Push-ups
8. Review Blocks 3 – 4 FAST	8. Review Blocks 9–10 FAST
9. Butterfly Situps	9. Butterfly Situps
10. Mountain Climbers	10. Mountain Climbers
11. Review Blocks 5 – 6 FAST	11. Review Elbows 1 – 4 FAST

12. Elbow 5-10 each side	12. Elbow 5-10 each side
13. V-Abs	13. V-Abs
14. 1-2-3-4-for 30-sec. 1-2-3-4-for 30-sec. (each combo contains: Penetrate-Engage- Clear-Change Position)	14. 1-2-3-4-for 30-sec. 1-2-3-4-for 30-sec.
15. Banana Roll	15. Banana Roll
PREVIEW MODULE	

<p>Intro and Quick Preview of Open Hand Martial Arts Strikes. Just show all. Only teach knife hand.</p>	
<p>Knifehand</p>	
<p>Ridgehand</p>	
<p>Groin Grab 1</p>	
<p>Groin Grab 2</p>	
<p>Palm Heel</p>	
<p>COBRA Palm Heel Strike</p>	

Spearhand Street Fight Demo	
Spearhand	
Chicken Beak	
SKILLS	
1. Teach Knife Hand	1. Review Knifehand
2. Teach Knife Hand on Pad	2. Teach Ridgehand
3. Both strikes on partner, pads, and bag.	3. Both strikes on partner, pads, and bag.

4. Teach/Review Sidekick	4. Teach/Review Rear Leg Round Kick
DRILLS	
1. Sidekick on Shields	1. Sidekick on Shields
2. 1-2-3-4 Drill	2. 1-2-3-4 Drill
Two Rounds-Alternate with partner	Two Rounds-Alternate with partner
1-minute left leg	1-minute left leg
1-minute left leg	1-minute left leg

Cool Down	
1. Form a circle with students facing the center	
2. 3 Sets of 10 Push Ups & Toe Tapper Sit Ups	
3. 5-Part Stretch	

Life Skill–Integrity	Life Skill–Integrity