Empower Kickboxing Term 1

Module 1–Week 4

Class 1	**Class 2**
History Korean karate evolved from Japanse karate. Popular Korean styles include Tae Kwon Do, Soo Bahk Do, Tang Soo Do, Moo Duk Kwan, Hapkido, Kuk	**History** **Tae Kwon Do** is the most popular martial art in the world. Known primarily for its spectacular kicks, tae kwon do is also an Olympic sport.

Sool Won, and Hwa Rang Do. The main indicator of their Japanese origin is in their uniform, ranking system, and rules.	**Jhoon Rhee** is widely recognized as the ‘Father of American Taekwondo’ for introducing this martial art to the United States of America since arriving in the 1950s. Master Rhee counted among his students more than 350 Congressmen, Muhammad Ali

	and the legendary kung fu movie star Bruce Lee
Self-Defense-4 Ws and an H	**Self-Defense**-C-Strike
WARM UP	**WARM UP**
1. Coordination Jumping Jacks	1. Coordination Jumping Jacks
2. Ice Skaters	2. Fighting Toe Touches

3. Sumo Walk	3. Ditch Hops-Sidekick Chamber
4. Directional Hops	4. Jab-Front Leg Round Kick
5. Jab-Front Leg Round Kick	5. 1-2-3-4 Call Out
6. 1-2-3-4 Call Out	6. Bouncing Kicks
7. Bouncing Kicks	7. Opposite Knee to Elbow Sit Ups
8. Opposite Knee to Elbow Sit Ups	8. Crossovers
9. Crossovers	9. Banana Roll

10. Blocking Series Call Out	10. Blocking Series Call Out
11. Walkout	11. Walkout
12. Blocking Series Call Out	12. Blocking Series Call Out Lunge Down Punch
13. Lunge Down Punch	13. Lunge Down Punch
14. 5-Count Stretch	14. 5-Count Stretch
SKILLS / DRILLS	

1. Review/teach all martial arts strikes. Knifehand, Ridgehand, Palm Heel, COBRA Palm Heel Strike, Spearhand Spearhand Street Fight Demo	1. Groin Grab, Groin Grab 1, Groin Kick, Futility of Front Kicks, Chicken Beak
2. Review Sidekick	2. **Review Chicken Beak, Monkey Paw**
3. Review Round Kick	3. Pair off for slow spear hands to eyes off front hand and rear hand.

4. Pair off for slow spear hands to eyes off front hand and rear hand.	4. Review Sidekick
	5. Review Round Kick
DRILLS	
10 each side	
1. Sidekick on Stationary Shield	1. Sidekick on Stationary Shield

2. Sidekick on Moving Shield Show students how to sit down and brace when holding the shields while moving.	2. Sidekick on Moving Shield Show students how to sit down and brace when holding the shields while moving.
3. Back leg Sidekick on Stationary Shield	3. Back leg Sidekick on Stationary Shield
4. Round Kick Pad Series	4. Round Kick Pad Series
Cool Down	**Cool Down**
1. Form a circle with students facing the center	1. Form a circle with students facing the center

2. Alternating 3 Sets of 10 Staggered Push Ups & 10 Jack Knife Situp	2. Alternating 3 Sets of 10 Staggered Push Ups & 10 Jack Knife Situp
3. Stretches until end of class	3. Stretches until end of class
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