

# YEAR 1-SEMESTER 1-MODULE 2-WEEK 1 WEAPONS

[Download this Lesson Plan »](#)

## Life Lesson 1

### PROGRESS NOT PERFECTION

If you want to be successful and have a happy life, it's important that you focus on **progress not perfection**. Understand that to make things better, you have to work for it and sometimes it's hard, but it is worth it.

You can't earn your black belt in four months, but you can earn your next belt that will move you closer to your black belt. That is **progress not perfection**.

**While others are *complaining*, we're *climbing* towards our goals.**

Got it? Good! Let's get to work!

## Life Lesson 2

### PROGRESS NOT PERFECTION

Nothing worth having in life comes easy. That's why most people **quit when the going gets rough**.

Not us. Sometimes you have to get **bopped in the nose to remember to put your guard up**.

We don't quit. We learn. Remember! **Progress over perfection!**

Got it? Good! Let's get to work!

## CLASS 1

### TEACH/REVIEW:

#### 1 – 15 Life Skills, Foundation Skills & Warmup Series

- [Running Punches](#)-1 min
- [4 Punches Reviewed](#) 30-seconds each
- [Squat Kicks](#)-30-seconds
- [Mountain Climbers](#)-30-seconds
- [Pushup Kick](#)-30-seconds
- [Pushup Elbow](#)-30-seconds
- [Elbow Rhythm-Flat](#) -30-seconds
- [Bear-Crawl-Burpee Leap Spin](#)-30-seconds
- [10 Blocks](#) (Wander with Noodle to test blocks with **EACH STUDENT**)

#### 15 – 30 Teaching/Review

- [Nunchaku 3](#) – Basic Swings
- [Nunchaku 4](#) – Reverse Figure 8
- Teach [Leg Kick](#)

#### 30 – 40 Drills & Skills

- [1-2 Clearing Round Kick](#) (1 minute per leg)
- [1 -2 Front and/or Front Thrust Kick](#)
- [1-2 Clearing Round Kick](#) exchange with partner
- [1 -2 Front and/or Front Thrust Kick](#) exchange with partner

#### 40 – 45 Cool Down or Game

- Form a circle
- Alternating 3 Sets of 10 Push Ups with 10 [Toe Tapper Sit Ups](#)
- [5-Part Stretch](#)

#### Game

[Plank Hockey](#)

## CLASS 2

### TEACH/REVIEW:

#### 1 – 15 Life Skills, Foundation Skills & Warmup Series

- [Running Punches](#)-1 min
- [4 Punches Reviewed](#) 30-seconds each (Video is 7 minute overview)
- [Squat Kicks](#)-30-seconds
- [Mountain Climbers](#)-30-seconds
- [Pushup Kick](#)-30-seconds
- [Pushup Elbow](#)-30-seconds
- [Elbow Rhythm-Under](#)-30-seconds
- [Bear-Crawl-Burpee Leap Spin](#)-30-seconds
- [10 Blocks](#) (Wander with Noodle to test blocks with **EACH STUDENT**)

#### 15 – 30 Teaching/Review

- [Review Nunchaku 3](#) – Basic Swings
- [Review Nunchaku 4](#) – Reverse Figure 8
- Teach [Nunchaku 5](#) – Dragon Swing
- Teach [Leg Kicks in Self-Defense](#)

#### 30 – 40 Drills & Skills

- [Round Kick Pad Series](#)

#### 40 – 45 Cool Down or Game

- Form a circle with students facing the center
- Alternating 3 Sets of 10 Push Ups with 10 [Toe Tapper Sit Ups](#)
- [5-Part Stretch](#)

#### Game

[Bump Sumo](#)