

## YOUR STANDARDS OF LIFE

Martial arts help us establish our standards in life.

For instance, we don't eat or drink lots of unhealthy food and drink. Why? Because we treat our mind and body with more respect than that.

We don't hang out with people who are dishonest, steal or do bad things, especially breaking the law.

We are not slaves to anger. **We take control of the battle between our brain and our mouth** because anger only makes things worse and that will not serve you well over your lifetime.

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

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## CLASS 1

### 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
- [Rainbow Elbow Rhythm 1](#) -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 Kick and/or Front Thrust Kick](#)
- [1-2 Clearing Round Kick](#) exchange with partner
- [1 -2 Front Kick and/or Front Thrust Kick](#) exchange with partner

#### 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

[Plank Hockey](#)

## OBSTACLES AS OPPORTUNITIES

Training in martial arts empowers us to continue to unlock our potential.

We all have challenges in life. Martial arts teaches us to see these obstacles as opportunities.

We learn to take charge of our life by making smart, healthy decisions about what we do, who we spend time with, what we put in our mouth and how we control our emotions and anger.

***This is what helps us turn obstacles into opportunities.***

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

## 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
- [Rainbow Elbow Rhythm 1](#) -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](#)