

YEAR 1-SEMESTER 1-MODULE 4-WEEK 3

KIDS' SELF-DEFENSE

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WEEK 3-CLASS 1

WARMUP

1. Warm Up Series
2. Discuss during warmup-3 Types of Bad Guys

REVIEW

1. Strikes Overview
2. Hammer Fist
3. Knee Strike
4. Elbow Strikes Application
5. How to Push

TEACH-SIDE HEADLOCK

1. Side Headlock Escape
2. Rear Headlock Escape

DRILLS/SCENARIO

1. No Video. Two lines facing each other. Each applies the Side and Rear Headlocks and then one line shifts to the left. Repeat until all students have defended.

WEEK 3-CLASS 2

DISCUSSION

- [Good Strangers vs Bad](#)
- Warm Up Series
- Review during warmup-3 Types of Bad Guys

WARMUP

30-seconds of pushups then the Grind

REVIEW

1. Strikes Overview
2. Hammer Fist
3. Knee Strike
4. Elbow Strikes Application
5. How to Push
6. Wrist Escape
7. [Side Headlock Escape](#)
8. Rear Headlock Escape

DRILLS/SCENARIO

1. Knee Body Shield 1 Minute switching side for each knee strike.
2. Switch with partner who does same.
3. 1-minute back kicks with same rotation.
4. 1-minute sidekicks with same rotation.