YEAR 1-SEMESTER 1-MODULE 4-WEEK 2
KIDS' SELF-DEFENSE

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WEEK 2-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-HOW TO USE 911

1. 911 Demo Chris
2. 911 Call Demo Aussie
3. 911 How to Calm Down
4. Kids 911-Call Demo w/Parents as 911 Operator

DRILLS/SCENARIO

1. Kids-Anchors Parents Play Bad Guys

HOMEWORK

Homework-Parent Approved List

NOTE: Come to the next class with a list of 3-5 trusted adults that are allowed to pick you up from school or you can call for **W2-Class 2**

WEEK 2-CLASS 2

SELF-DEFENSE DISCUSSION

- **Good Strangers vs Bad**

1. Warm Up Series
2. 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

DRILLS/SCENARIO

1. 911 Home Invasion Scenario
2. 911 Home Invasion Scenario-Boy
3. 911 Home Invasion Scenario-Girl