

# Year 1 Semester 2

# MODULE 1–WEEK 3 MARTIAL ARTS

[Combinations »](#)

[Drills »](#)

[Footwork »](#)

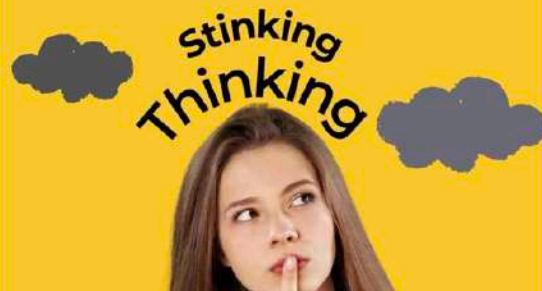
[Life Skills Catalog »](#)

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 **CLASS 1**

 **CLASS 2**

This week, our students are  
learning how to control...



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learning how to...

**DREAM BIG DREAMS**

A dark, cloudy sky with a person's legs sticking out from the bottom right corner, suggesting they are falling or jumping.



## HOW TO CONTROL STINKING THINKING

Here is a mental trick to help you be your best friend and coach. When you think of something you did poorly or a mistake you made, "tag it."

For instance, you did something that you wish you didn't do. Some people think, "I'm such an idiot. Why did I do that?!!!"

The problem with that "Stinking Thinking" is that the more you say to yourself, "I'm an idiot" the more you believe it.

So, from now on, add a "tag" to the Stinking Thinking.

*"That was a dumb thing to do, but I am always learning. I wish I didn't do that, but now I know better and it will never happen again."*



## DREAM BIG DREAMS

You have lots of chances to learn, grow, and become the best version of yourself, like a caterpillar turning into a beautiful butterfly.

Did you ever imagine you had a chance to become a black belt in a great martial arts system like Empower Kickboxing? It's happening right now!

So always believe in yourself and don't be afraid to try new things, because you have the power within you to do amazing things in life, like earning your black belt!

Let's get to work!

**SEI DEFENSE**

*know better and it will never happen again."*

## WARMUPS

[Warm Up Series](#)

[5-Part Stretch](#)

## SKILLS

[Review Knife Hand and Ridge Hand](#) (in mirror and on partner)

Teach Groin Grab

[Skip-Sidekick](#) (10 each side from movement with Penetrate, Kick, Clear, Change Alignment.

[Back Kick](#) (10 each side)

[Spin Back Kick](#)

[Required Defensive Combo 1: 1-Block 2-3 Switch Knee](#) (In mirror and with partner)

[Required Defensive Combo 2: 2-Block 1-2-3 Round Kick](#) (In mirror and with partner)

## DRILLS

Each partner will do 3 one-minute rounds. You choose if they are consecutive (my preference) or alternating each round.

[Skip-Sidekick on Shield](#)

[Back Kick on Shield](#)

## SELF-DEFENSE

Teach Time, Place, Method of Attack (TPM)

## WARMUPS

[Warm Up Series](#)

[5-Part Stretch](#)

## SKILLS

[Hammerfist Review](#)

[Review Ridge Hand](#)

[Review Round Kick](#)

All Reviews are 10 each side from movement with Penetrate, Kick, Clear, Change Alignment..

[Jab-Skip Sidekick](#)

[Back Kick](#)

[Jab-Spin Back Kick](#)

[Required Defensive Combo 1: 1-Block 2-3 Switch Knee](#) (In mirror and with partner attacking with rear hand ridgehand)

[Required Defensive Combo 2: 2-Block 1-2-3 Round Kick](#) (In mirror and with partner attacking with rear hand ridgehand)

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[Skip-Sidekick on Shield](#)

[Jab-Skip-Sidekick on Shield](#)

[Jab-Spin Back Kick](#)

## COOL DOWN AND/OR GAME

**Slow Motion Side Kick** (10 seconds out and 10 seconds back. 10 each side.)

Alternating 3 Sets of

10 Push Ups &

10 Toe Tapper Sit Ups

5-Part Stretch

**Game**

[Tatanka Tatanka](#)

[Jab-Spin Back Kick](#)

[Required Defensive Combo 1: 1-Block 2-3 Switch Knee](#)(In mirror and with partner attacking with rear hand ridgehand)

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**Game**

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