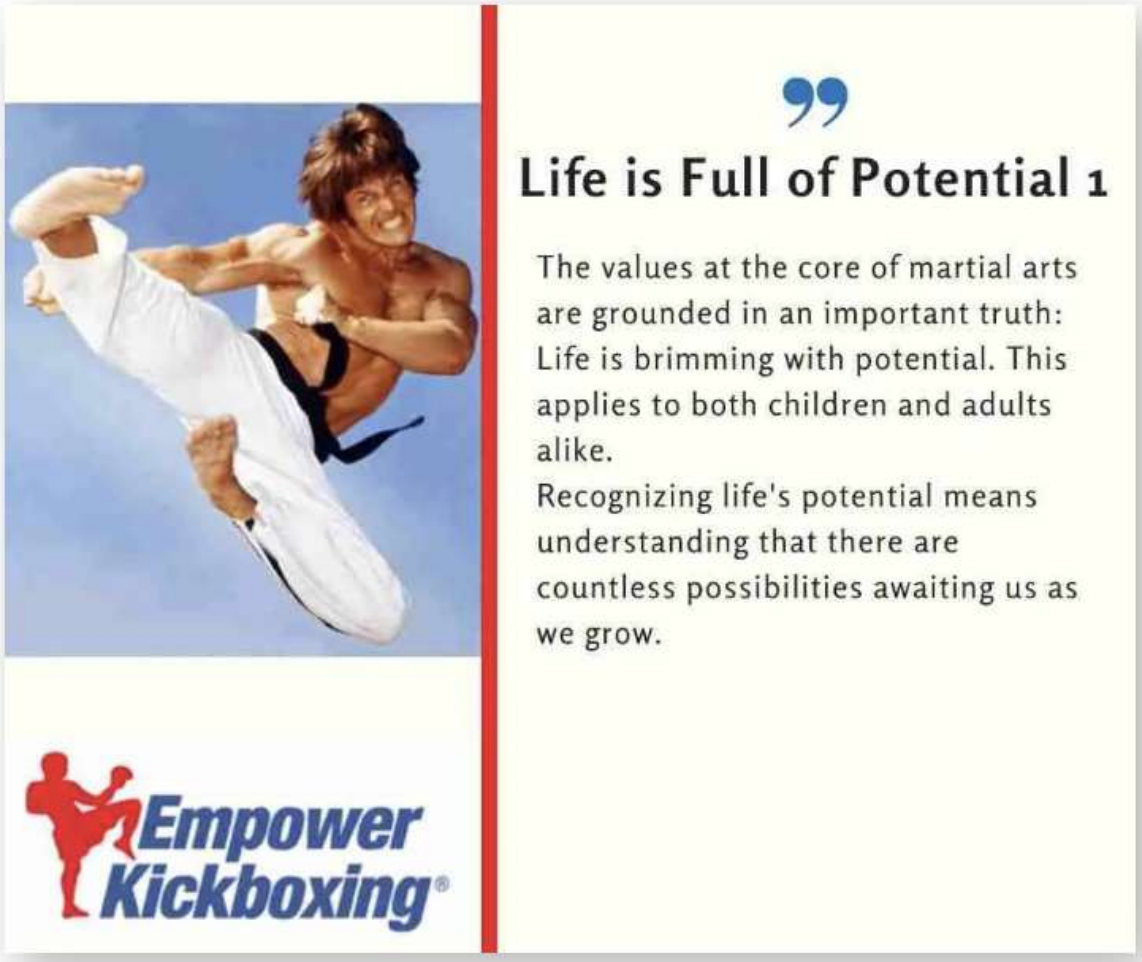
Year 1
Semester 1
MODULE 2–WEEK 2
WEAPONS

CLASS 1



LIFE IS FULL OF POTENTIAL 1

The values at the core of martial arts are grounded in an important truth: Life is brimming with potential. This applies to both children and adults alike.

Recognizing life's potential means understanding that there are countless possibilities awaiting us as we grow.

SELF-DEFENSE

Kids Wrist Escape Kidnapping Drill

WARMUPS

Crunch-Push Up Progression-20 reps

Front Leg Round Kick teach and then 10-each side

Knee Strikes 10-each side

Front Kick 10-each side

Balance Knee Strike 10-each side

Crunch-Push Up Progression-20 reps

1-2-3-4 Call Out 2-minutes

5-Part Stretch in 2-minutes

SKILLS

Nunchaku Grip

Nunchaku Basic Swings

Nunchaku Reverse Figure 8

Nunchaku Dragon Swing

Nunchaku on Target

DRILLS

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

1-2-3-4 Drill-Pads

Round Kick Pad Series

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 &

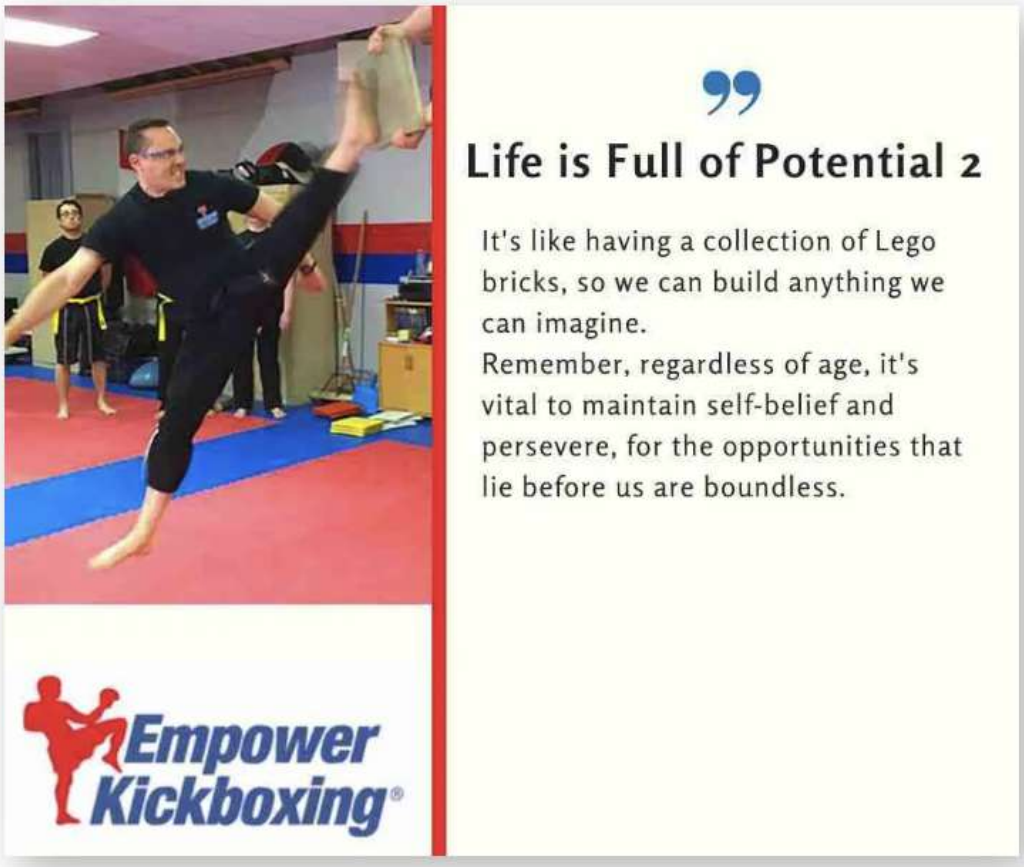
10 Toe Tapper Sit Ups

5-Part Stretch

Game

Noodle Relay 1 Game

CLASS 2



LIFE IS FULL OF POTENTIAL 2

It’s like having a collection of Lego bricks, so we can build anything we can imagine.

Remember, regardless of age, it’s vital to maintain self-belief and persevere, for the opportunities that lie before us are boundless.

SELF-DEFENSE

Knee Strike Defense

WARMUPS

Crunch-Push Up Progression-20 reps

Front Leg Round Kick teach and then 10-each side

Knee Strikes 10-each side

Front Kick 10-each side

Balance Knee Strike 10-each side

Crunch-Push Up Progression-20 reps

1-2-3-4 Call Out 2-minutes

5-Part Stretch in 2-minutes

SKILLS

Nunchaku Grip

Nunchaku Basic Swings

Nunchaku Reverse Figure 8

Nunchaku on Target

DRILLS

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

1-2-3-4 Drill-Pads

Round Kick Pad Series

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

Noodle Relay 2 Game