

Class 4

MONDAY 27 APRIL 2020

Warm-Up:

1. Jumping Jacks 30sec.
2. Knees Up Run 30sec.
3. Heels Up Run 30sec.
4. Hand To Opposite Foot Run 30sec.
5. Knee Up, Out & In 20 sec. each side
6. Arm Circles 20 sec.
7. Jab Punch 10 sec. each side
8. Cross Punch 10 sec. each side
9. Double Punch 10 sec. each side
10. Double Punch + Lead Hook 10 sec. each side
11. Double Punch + Double Hook 10 sec. each side
12. Trunk Twists 20 sec.
13. Straight Leg Swing 20 sec. each side
14. Outward Leg Swing 10 sec. each side
15. Inward Leg Swing 10 sec. each side

Kicking:

1. Hops, then Tuck Jumps, landing softly.
2. Tuck Jump + Front Snap Kick
3. Try pulling reaction knee and performing side kick, slowly, while sitting on the floor & keeping feet on the floor.
4. Tuck Jump + Side Kick
5. 360 degree Turning Kick (Back hook kick, then jump and Switch Turning Kick)

Flexibility:

1. Side Leg Raises to strengthen Hip Abductors
2. Butterfly Stretch to stretch Hip Adductors
3. Plank & Glute Bridge to correct Anterior Pelvic Tilt/ take strain off hamstrings and free up lower back.

Technique Applications:

1. Low Outer Forearm Block
2. Middle Inner Forearm Block
3. Middle Knifehand Guarding Block