

## LEVEL 1 - Monday 4/15/2013

Equipment Needed: Small Pad, Focus Mitts

### Key Exercise: 15/10/5 Stride/Lunges/Push-Ups

**Pick a destination (i.e. to the stop sign and back, around the block, etc.) and have students travel to the destination by repeating 15 running steps, 10 walking lunges and 5 push-ups until they reach their destination.**

Warmup Drill: Stride/Lunges/Push-Ups

- Straight Punches

Ladder Drill with L-R combinations & Sprawls

Even numbers, 2-10, adding up to 12.

Inside Defenses (high & low, review)

- 360 Defenses (high & low)

Drill: 360 + inside defenses with counters to focus mitts on attacker's prompt

Wearing focus mitts, attacker attacks defender with straight punches and 360 strikes. Every few seconds, attacker claps mitts together and holds for L-R combination. Defender attacks with one strong L-R combo and gets ready to defend again.

## LEVEL 1 - Tuesday 4/16/2013

*Equipment Needed: Small Pad*

### Key Exercise: Running

- Advancing Straight Punches

- Front Kick

Aggression Drills: Instructor choice - 2-3 aggression drills

- Combinations: Kicks & Advancing Punches  
Combinations are instructor's choice.

- Wrist Releases

- Arm Pulls



## LEVEL 1 - Wednesday 4/17/2013

*Equipment Needed: Small Pad, Focus Mitts*

### Key Exercise: Running

(around the block x times, to the field and back...etc.)

- Wrist releases (basic)

Drill: For the rest of class, instructor can randomly grab students' wrists.

Students use soft technique to release.

- Straight Punches
- Elbows & hammerfists (horizontal plane)

Front Kick to Groin (review)

- Wrist releases (2-handed grab, aggressive grabs, in place, soft technique)
- Wrist releases (2-handed grab, aggressive grabs, in place, hard technique with counterattacks)

## LEVEL 1 - Thursday 4/18/2013

*Equipment Needed: Small Pad, Focus Mitts*

### Key Exercise: Running

(around the block x times, to the field and back...etc.)

- Wrist releases (basic)

Drill: For the rest of class, instructor can randomly grab students' wrists.

Students use soft technique to release.

- Straight Punches
- Elbows & hammerfists (horizontal plane)

Front Kick to Groin (review)

- Wrist releases (2-handed grab, aggressive grabs, in place, soft technique)
- Wrist releases (2-handed grab, aggressive grabs, in place, hard technique with counterattacks)

## LEVEL 1 - Friday 4/19/2013

*Equipment Needed: Small Pad, Focus Mitts, Belt*

### Key Exercise: Jump Rope

Warmup Drill: 3 min. of jump rope - single jumps and double-unders (if advanced) - push 1 step beyond last class

- Stance and Basic movement (footwork)

Aggression drill with straight punches -- Instructor Choice

- Advancing Straight Punches (high & low)
- Inside Defenses (high & low)

Drill: Inside Defenses, A/B back and forth, as attacker/defender (instructor calls letter for attacker)

- 360 Defenses (high only)

360 Defenses + counterattacks to focus mitts on attacker's prompt

Wearing focus mitts, attacker attacks the defender with 360 strikes. Every few seconds, attacker claps mitts together and holds for L-R combination. Defender attacks with one strong L-R and gets ready to defend again.

## LEVEL 1 - Saturday 4/20/2013

*Equipment Needed: Small Pad*

### Key Exercise: 25 Burpees

- Straight Punches, Advancing Straight Punches, Low Punches

#### Drill: Pad Scramble/Straight Punches

Pad holders all place pads in center of room. All students start at perimeter of room, waiting for signal. (They can also be doing push-ups or other exercises while waiting for signal.) On instructor's signal, students rush to center of room to grab a pad; if they get one, they retreat out to perimeter of room, holding for punches. Those who do not get a pad must rush to closest available pad holder and give non-stop aggressive punches. Repeat for 3-4 rounds.

For safety, have students approach center on all fours (crawling) to decrease velocity toward center of the room in case of collision.

- Inside Defenses
- Inside Defenses vs. Low Punches
- 360 Defenses

#### Drill: Moving Attacks - Inside Defenses (High or Low) + 360 Defenses

Recommended Drill [Time permitting]: Attacker with Focus Mitts attacks defender with straight punches (high and low) and 360 strikes. Every few seconds attacker stops attacking, claps mitts together and holds for L-R combination. Defender attacks with one strong L-R combo and gets ready to defend again.

## LEVEL 1 - Sunday 4/21/2013

*Equipment Needed: Small Pad, Dry Erase Pens*

### Key Exercise: 25 Sprawls

Up/Down drill with forward hammerfists and sprawls

- Elbows (front of elbow as striking surface [1, 6])

Slow drill -- 3 Strikes Drill, Slow Work

Striking appropriate targets - partner circles defender, gives signal or tap on shoulder from any angle, defender gives 3 slow strikes to good targets

Review: Chokes from Front, Behind

Slow recognition drill -- Eyes closed -- Choke comes from front or behind

Faster version of same with counters

Math Drill