

Class 5 - Intensity

Static warm-up – 7-minutes

- Arms: Hold push-ups
- Legs: Hold squats position
- Abs: Hold dish
- Core: Hold beginner bridge w/ leg out

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on INTENSITY.
- INTENSITY means to have great frequency, pitch and magnitude.
- Here are the three INTENSITY tips that you will learn today:
 1. Have great pitch – being loud when you answer up & yell.
 2. Have great frequency – the amount of perfect reps that you can do.
 3. Have great magnitude – having great strength and energy in what you do.

Skill-building drills – 15-minutes

1. **Back and Forth:** In this drill the students will work on their intensity by performing stronger and louder than the line across from them.
 - **Teaching SKILLZ: HEALTHY COMPETITION** - The losing team must do 10 push-ups.
 - **Brain SKILLZ: ATTENTION CONTROL** – Students will perform at a high intensity rate for an extended time.
2. **Build it Up:** Students will work on their INTENSITY by slowly building up their intensity while working on martial arts moves. This will challenge student's intellectual stages of development by having them demonstrate different levels of intensity
 - **Teaching SKILLZ: UP THE REP** - Students will work on getting stronger on each rep.
 - **Brain SKILLZ: WORKING MEMORY** – Students will perform moves while also building intensity on each rep.

Skill stripe test – 10-minutes

- See testing charts

Passive stretches: 5-minutes

- Figure four stretch
- Hip twists
- Knee splits
- Wake ups

Game – 3-minutes

- Pay attention

End of class announcements – 2-minutes