

## Class 7 - Strength

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### Dynamic warm-up – 7-minutes

- Arms: Triangle push-ups
- Legs: Jump squat scissor kicks
- Abs: V-sit ups
- Core: Half windmill

### Mat chat – 3-minutes (Includes water break)

- Today we are going to work on STRENGTH.
- STRENGTH means the quality or state of being strong, powerful, and forceful.
- This is important because you need STRENGTH in order to excel in the Martial Arts.
- Here are the three ways that we are going to improve your STRENGTH skills today: 1. Applying STRENGTH with technique.
- 2. Having perseverance with your STRENGTH.
- 3. Applying STRENGTH together as a team.

### Skill-building drills – 15-minutes

1. **Cardio Burnout:** The students will test their cardio STRENGTH with are relay race by running to the opposite end of the mat and doing burpees, and then doing jumping jacks while in line.

- **Teaching SKILLZ: INTRINSIC MOTIVATION** - Inspire the students to give their best to make themselves proud, especially when they feel like quitting.
- **Brain SKILLZ: ATTENTION CONTROL** – The students will practice staying focused through this challenging drill.

2. **Clock Push-Ups:** In this drill the students will do twelve push-ups as they rotate their body in between each push-up in the direction of the numbers on a clock.

- **Teaching SKILLZ: INTRINSIC MOTIVATION** - Inspire the students to do their very best push-ups, even suggest two push-ups per 'rotation' so they get even stronger.
- **Brain SKILLZ: ATTENTION CONTROL** – The students will practice staying focused through this challenging drill.

### Skill stripe test – 10-minutes

- See testing charts

### Dynamic stretches: 5-minutes

- Calf push up stretch
- Hacky sack
- Jogging kicks
- Toy soldier

### Game –3-minutes

- Capture the flag

### End of class announcements – 2-minutes