

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Class Plan March 2019

Level 1 Class Plans

Monday, March 4, 2019 - Lesson 1

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|--|------------------------------------|
| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Palm Heel Strike |
| Movement | Eye Strike |
| Focus Mitts (Punch Combos) | Hammerfist – Side Forward Down |
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Wednesday, March 6, 2019 - Lesson 2

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Elbows #1 - #4 |
| Movement | Knees |
| Focus Mitts (Punch Combos) | |
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Thursday, March 7, 2019 - Lesson 3

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Front Kick to Groin |
| Movement | - Fight Stance |
| Focus Mitts (Punch Combos) | - Advance from Fight Stance & Neutral |
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Saturday, March 9, 2019

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Front Kick to Groin |
| Movement | - Advance from Fight Stance & Neutral |
| Focus Mitts (Punch Combos) | Choke from Front – Tripod (L1), Partner (L2+) |
| | Bearhugs from Front – Tripod (L1), Partner (L2+) |

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Monday, March 11, 2019 – All Levels – Spring Break

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Knees |
| Movement | Choke from Behind - Tripod (L1), Partner (L2+) |
| Focus Mitts (Punch Combos) | Bearhugs from Behind - Tripod (L1), Partner (L2+) |
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Tuesday, March 12, 2019 – All Levels – Spring Break

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Headlocks – Bar Arm and Carotid |
| Movement | - Tripod (L1), Partner (L2+) |
| Focus Mitts (Punch Combos) | |
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Saturday, March 16, 2019 – All Levels – Spring Break

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Front Kick to Groin |
| Movement | - Fight Stance |
| Focus Mitts (Punch Combos) | - Advance from Fight Stance & Neutral |
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Monday, March 18, 2019 - Lesson 4

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Front Kick – Offensive to Vertical Target (Penetrate) |
| Movement | Front Kick – Defensive (Stop or Push) |
| Focus Mitts (Punch Combos) | |
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Wednesday, March 20, 2019 - Lesson 5

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| Warmup /Review | Work – Ground |
| Review Rules, Character & Self Defense Theme | Ground Position – Back |
| Fight Stance | Movement - Back |
| Movement | Kick from Ground – Front |
| Focus Mitts (Punch Combos) | Getting Up |
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Thursday, March 21, 2019 - Lesson 6

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|--|--------------------------|
| Warmup /Review | Work - Ground |
| Review Rules, Character & Self Defense Theme | Ground Position – Side |
| Fight Stance | Movement – Side |
| Movement | Kick from Ground – Side |
| Focus Mitts (Punch Combos) | Kick from Ground – Round |
| | Getting Up |

Saturday, March 23, 2019

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Shadow Boxing |
| Movement | Bearhugs from Front – Tripod (L1), Partner (L2+) |
| Focus Mitts (Punch Combos) | |
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Monday, March 25, 2019 - Lesson 7

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|--|--------------------------------------|
| Warmup /Review | Work – Self Defense |
| Review Rules, Character & Self Defense Theme | Chokes – All Rotational (On Tripods) |
| Fight Stance | - Front |
| Movement | - Back |
| Focus Mitts (Punch Combos) | - Side |
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Wednesday March 27, 2019 - Lesson 8

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| Warmup /Review | Work |
| Review Rules, Character & Self Defense Theme | Punch and Combinations on Focus Mitts |
| Fight Stance | |
| Movement | |
| Focus Mitts (Punch Combos) | |
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Thursday, March 28, 2019 Lesson 7

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| Warmup /Review | Work – Self Defense |
| Review Rules, Character & Self Defense Theme | Chokes – All Rotational (On Tripods) |
| Fight Stance | - Front |
| Movement | - Back |
| Focus Mitts (Punch Combos) | - Side |
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Saturday, March 30, 2019

| Warmup /Review | Work |
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| Review Rules, Character & Self Defense Theme | Straight Punch Combinations |
| Fight Stance | Bearhugs from Behind - Tripod (L1), Partner (L2+) |
| Movement | |
| Focus Mitts (Punch Combos) | |
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