

**Character Theme: Be Intentional**  
**Self Defense Theme: Set Boundaries**

## Class Plan March 2020

Level 2/3 Class Plans – DOUBLE MAT

\*\*\*Split the class by level and work curriculum for each level as long as there are 2 students in the level\*\*\*

Monday, March 2

Lesson 7 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Choke Against Wall
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Front
	- Behind

Lesson 7 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hair Grab
Focus Mitts- Combinations	Front w/ and w/o impending knee
Curriculum Combos	side w/and w/o impending knee

Tuesday, March 3

Lesson 8 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Front
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Arms Free
	- Arms Caught w/ Space
	- Arms Caught w/o Space

Lesson 8 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bearhug w/ Lifting
Focus Mitts – Combinations	- Behind
- Curriculum Combos	- Front
	Reverse Headlock

Thursday, March 5

Lesson 9 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bear Hug Behind
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Arms free
	- Arms caught w/ space
	Arms caught w/o space

Lesson 9 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Kick defenses
Thai Pads- punch/kick combinations	- Reflexive Defense against front kick (vs rising kick)
	- Outside Stabbing defense against F/k (vs rising)
	Plucking Defense (vs stomping kick)

Saturday, March 7, All Levels Lesson 3 (Level 1)

Warmup/Review	Work- Self Defense
Review Rules, Character & Self Defense Theme	Chokes- All rotational (on tripods)
Fight Stance	-front
Movement	-back
	-side

Monday, March 9

Lesson 10 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Headlock from Behind
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- Bar Arm
	- Carotid
	Headlock from the side

Lesson10– Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Kick defenses
Thai Pads-Punch Kick Combos	Inside Defense against high f/k vs stomping
	Defense against F/K-stop kick (vs rising kick)
	Defense Against f/k-Redirecting w/shin (vs rising)

Tuesday, March 10

Lesson 11 – Level 2

Warmup /Review	Work-Ground
Review Rules, Character & Self-Defense Theme	Mount Bottom Position
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	-bucking
	-Trap and roll
	Choke w/ Attacker in Mount
	Mount- Top Position
	-maintaining mount
	-striking
	Trap opponents arms to chest/pop up and out

Lesson 11 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations	Headlock from side
- Curriculum Combos	Stacking Escape from the Guard

Thursday, March 12

Lesson 12 Level 2

Warmup /Review	Work –
Review Rules, Character & Self-Defense Theme	Mount -Bottom Position
Focus Mitts/Thai Pads/Heads/Heavy Bags-combos	-headlock while mounted
	-elbow escape

Lesson 12 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations	Choke from Side on Ground
- Curriculum Combos	Arm Bar
-student personal combos	kicking (caged head gear)

### Saturday, March 14, All Levels, Lesson 4 (Level 1)

Warmup /Review	Work - Ground
Review Rules, Character & Self Defense Theme	Ground Position – Side
Fight Stance	Movement – Side
	Kick from Ground – Side
Movement	Kick from Ground – Round Getting Up

### Monday, March 16

#### Lesson13– Level 2

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount-Top Position
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	-striking
	-stand up to escape
	Guard-Bottom Position -axe kick
	-kick off from the guard
	-foot grab (stripping)
	-foot grab (Spinning outward -round kick)
	-foot grab (spinning inward-heel kick)

#### Lesson 13 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Side mount
	top position and strikes from top mount
	transition to full mount
Focus Mitts – Combinations	
- Curriculum Combos	- Disengage from top position
	- bottom position
	elbow escape
	Reversal

## Tuesday, March 17

### Lesson 1 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Bobbing and weaving
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Covering
	Shadow Boxing
	Fall Break-forward, back, and side (high and low)
	Roll (forward and backward)
	Roll w/ fall break (forward roll, back fall break)

### Lesson 1 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Level 1 and 2 kick/punch combinations with movement
Focus Mitts - Combinations	Heel Kick
- Curriculum Combos	Slap Kick-inside and outside
	Uppercut back kick

## Thursday, March 19

Lesson 2 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Hook punch
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Uppercut Punch
	Combinations 1-4

Lesson 2 Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Elbows 5, 6, 7
Focus Mitts – Combinations	-
- Curriculum Combos	-
- Student personal combos	

Saturday, March 21, All Levels, Lesson 5 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Bear Hug Front
Fight Stance	<ul style="list-style-type: none"> <li>● Arms Free</li> </ul>
Movement	<ul style="list-style-type: none"> <li>● Arms Caught w/ space</li> </ul>
	<ul style="list-style-type: none"> <li>● Arms Caught w/o space</li> </ul>

Monday, March 23

Lesson 3– Level 2

Warmup /Review	Work – Focus Mitts
Review Rules, Character & Self-Defense Theme	Combinations
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	Left Jab/Right Cross/Left Hook
	- Left Jab/Right Cross/Left Hook/Right Upper Cut

	Left Jab/Right Cross/Bob Right/Right Cross
	Left Jab/Right Elbow
	Left Jab/Right Cross/Left Hook/Right Elbow
	Right Uppercut/Left Hook/Right Cross

### Lesson 3 – Level 3

Warmup /Review	Take Down Defenses
Review Rules, Character & Self-Defense Theme	-sprawl
Focus Mitts – Combinations	-advanced sprawl
- Curriculum Combos	Review Level 2 buck, trap, and roll
- Student personal combos	

## Tuesday, March 24

### Lesson 4– Level 2

Warmup /Review	Work – thai pads
Review Rules, Character & Self-Defense Theme	Punch Kick Combinations
Review Kicks	- use kicks listed with warm ups
-f/k to groin (regular &advanced)	
-offensive &defensive front kick	

### Lesson 4 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Inside Defenses (Straight Punch low and Low straight punch with counters)
Focus Mitts – Combinations	-Counter vs left Punch
- Curriculum Combos	Counter vs left punch with left hand



## Thursday, March 26

### Lesson 5– Level 2

Warmup /Review	Work – 360s (#1-#7) with counters
Review Rules, Character & Self-Defense Theme	Wrist Releases (1.2.3 attackers)
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	

### Lesson5 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Inside Defenses (Straight Punch & low straight punch with counters)
Focus Mitts – Combinations	Counter vs Right punch (2 counters)
- Curriculum Combos	- Counter vs right lunch (1 counter)

## Saturday, March 28, All Levels, Lesson 6 (Level 2)

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Bear Hug Behind
Fight Stance	- Arms Free
Movement	- Arms Caught w/ space
	- Arms Caught w/o space

## Monday, March 30

### Lesson 6 – Level 2

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Choke w/Push
Focus Mitts/Thai Pads/Heads/Heavy Bags - Combinations	- front

	- behind
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Lesson 6 – Level 3

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Defense vs hook punch (extended and covering)
Focus Mitts- Combinations	Defense vs uppercut punch
-Curriculum combos	Outside Defenses #1-#4 w/ counters