

Character Theme: *“Be Persistent.”*

Self Defense Theme: *“Know when to ‘go.’*

Gen Z Level 1 October 2020

Gen Z Lessons – Level 1

Monday October 5

Lesson 1

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Palm Heel Strike
Movement	Eye Strike
	Hammerfist – Side Forward Down

Wednesday October 7

Lesson 2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Elbows #1 - #4
Movement	Knees

Monday October 12

Lesson 3

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin

Movement	<ul style="list-style-type: none"> • Fight Stance
	<ul style="list-style-type: none"> • Advance from Fight Stance & Neutral

Wednesday October 14

Lesson 4

Warmup /Review	Work ppl
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)

Monday October 19

Lesson 5

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

Wednesday October 21

Lesson 6

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

Monday October 26

Lesson 7

Warmup /Review	Work – Self Defense
Review Rules, Character & Self Defense Theme	Chokes – All Rotational (On Tripods or Person)*
Fight Stance	<ul style="list-style-type: none">• Front
Movement	<ul style="list-style-type: none">• Back
	<ul style="list-style-type: none">• Side
	*Use good judgment based on individual skill set

Wednesday October 28

Lesson 8

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Punch Combinations on Focus Mitts or Heads
Fight Stance	<ul style="list-style-type: none">• Drills w/ punching and footwork
Movement	Choke Review – Instructor Choice