**The Rochford Martial Arts Academy**

**Tiger Squad At-Home Training**

LESSON: Yellow Tag (Coordination)

**WARM UP**

* Arms: Advanced army crawls up across the ground - You will drag your body across the mat using your forearms, while keeping your feet crossed and off the mat.
* Legs: Jack in the box walks up across the ground - You will step forward and lower your back knees towards the ground and then stand back up, alternating legs on each step.
* Abs: Donkey Kong’s across the ground - You will place your palms on the ground as far in front of you as possible without letting your feet come apart. Then, using your abdominal muscles, you will pull your feet off the ground towards your palms coming as close to your palms as possible.
* Core: Forwards cab crawls across the ground - You will walk down the mat keeping your bottom off the ground.

**LESSON OVERVIEW**

Today we are going to work on COORDINATION. Here are the three COORDINATION tips that I want everyone to practice today:

1. Knowing your left and right.
2. Knowing how to do two things at one time.
3. Having hand eye and foot eye coordination.

**GRADING SKILLS**

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| GOING FOR RED-GOLD BELT* Must run through 5 left/right strikes on the mitts from memory stage 1

How to train: Have an adult stand in front of you and hold their hands up as targets for you to gently touch with the correct technique. They will randomly call out a technique and hold up the target. They will change sides randomly each time. Strikes: Knife, Hook & StraightFor Knife hand and Hooks their palm will face to the side.For Straights their palm will face forwards and you will use your right hand to touch their right hand and your left to touch their left. | GOING FOR YELLOW-GOLD BELT* Must run through 5 left/right kicks on the mitts from memory stage 1

How to train: Have an adult stand in front of you and hold their hands up as targets for you to gently touch with the correct technique. They will randomly call out a technique and hold up the target. They will change sides randomly each time. Kicks: Front, round & side For Front Kick and Side Kick their palm will face forwards. For Round Kick their palm will face to the side.For all kicks you will use your left foot to touch their left hand and right foot to touch their right hand. | GOING FOR ORANGE-GOLD BELT* 3 Left and Right Striking & Kicking combos

How to train: Combine the Strikes and Kicks together from Red-Gold and Yellow-Gold belts into 3 move combinations |

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| GOING FOR GREEN-GOLD BELT* Must run through 10 left/right strikes on the mitts from memory stage 2

How to train: Have an adult stand in front of you and hold their hands up as targets for you to gently touch with the correct technique. They will randomly call out a technique and hold up the target. They will change sides randomly each time. Strikes: Backfist, Palm Heel, Elbow, UppercutFor Backfist and Elbow their palm will face to the side.For Palm Heel their palm will face forwards. You will touch your right to their right and your left to their left.For Uppercut their palm will be face downwards level with your chin. You will touch your right to their right and your left to their left. | GOING FOR BLUE-GOLD BELT* Must run through 10 left/right kicks on the mitts from memory stage 2

How to train: Have an adult stand in front of you and hold their hands up as targets for you to gently touch with the correct technique. They will randomly call out a technique and hold up the target. They will change sides randomly each time. Kicks: Hook Kick, Axe Kick, KneeFor Hook Kick their palm will face to the sides.For Axe Kick their palm will face upwards.For Knee their palm will face forwards at a 45 degree angle towards the floor.For all kicks you will touch your right to their right and your left to their left. | GOING FOR PURPLE-GOLD BELT* Must run through 10 left/right strikes and kicks on the mitts from memory stage 1 & 2

How to train: Combine the Strikes and Kicks together from all previous belts. |

**SKILL-BUILDING DRILL (DO THREE SETS)**

* Balloon punches: Your partner will test your COORDINATION by calling out “left” or “right” and you must punch with the proper hand also while not letting the balloon hit the floor. The purpose of this drill is to help you build the ability to concentrate on an object that moves quickly and sporadically.
* Ladder kicks: You will do 1 kick on each leg while saying “1.” Then you will do two kicks on each leg while counting each kick. Then you will do three kicks on each leg while counting to three on each rep, and so forth up to ten kicks.

**WARM DOWN**

* Straddle partner pull for 10 reps - Sit in a straddle position facing your partner with your feet on their ankles or inner knee. Reach forward and grab their arms. Lean back pulling your partner’s arms to help stretch their hamstrings.
* Butterfly partner pull for 10 reps each - Sit in butterfly stretch position while your partner does the same facing you. Hold hands while one partner slowly leans back pulling the other partner.
* Kneeling partner push for 10 secs - Kneel on both knees and sit back on your feet. Bring your chest down to your knees while reaching forwards with your hands. Your partner will place their hands on your back and gently push you forwards.
* Sitting elbow pull for 10 secs - Sit with your feet crossed; place your hands behind your head while pointing your elbows out to the side. Your partner will stand behind you and gently pull your elbows backwards stretching your chest and shoulders.