**The Rochford Martial Arts Academy**

**Dragon Squad At-Home Training**

LESSON: Blue Tag (Mindfulness)

**WARM UP**

* Arms: Intermediate push-ups for 10 reps - You will lift your body off the ground from your knees up, your using your palms, then lower your body back to the ground, but do not let your chest touch the ground in between reps.
* Legs: Squats touching the ground for 10 reps - You will lower your body as far as you can, trying to touch the ground with your fingers and then raise your body back up.
* Abs: Dish pulling knees in for 10 reps - You will pull your knees in towards your chest and then return to starting position, not letting your feet or shoulders touch the ground in between reps.
* Core: Bridge with kicks for 10 reps - You will kick from beginner bridge position, alternating legs. Try to keep your body parallel to the ground.

**LESSON OVERVIEW**

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

1. MINDFULNESS with body mechanics – this includes coordination, balance, and proper movement.
2. MINDFULNESS with your mind – this includes your memory and focus.
3. MINDFULNESS with peers – this includes working in groups and also working through distractions.

**GRADING SKILLS**

**The Kickboxing Form can be found here:** [**https://youtu.be/hy2NI8YgN9M**](https://youtu.be/hy2NI8YgN9M)

**The Blocking Form can be found here:** [**https://youtu.be/ka0gGew58l4**](https://youtu.be/ka0gGew58l4) **The Kicking Form can be found here:** [**https://youtu.be/LaYOMPFBq3M**](https://youtu.be/LaYOMPFBq3M)

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| GOING FOR RED-WHITE BELT* Seated meditation for 1 minute

How to train: Sit on a cushion with your legs crossed, your back straight and you palms cupped in your lap… sitting like a Buddha! Set a timer for 1 minute, close your eyes and breathe in and out through your nose. When we breathe in our belly blows up like a balloon. When you breathe out it’s like a balloon slowly going down. You’re probably going to fidget a little, don’t worry. Just go straight back to sitting like a Buddha as soon as you notice!* Kickboxing Form with Coach

How to train: Follow through the form watching the video. | **GOING FOR YELLOW-WHITE BELT*** Seated meditation for 3 minutes

**How to train:** Sit on a cushion with your legs crossed, your back straight and you palms cupped in your lap… sitting like a Buddha! Set a timer for 3 minutes, close your eyes and breathe in and out through your nose. When we breathe in our belly blows up like a balloon. When you breathe out it’s like a balloon slowly going down. You’re probably going to fidget a little, don’t worry. Just go straight back to sitting like a Buddha as soon as you notice!* Kickboxing Form from Coaches Instructions

**How to train:** Follow through the form using the video. But turn away from the screen and see if you can remember the form just following the voice. | **GOING FOR ORANGE-WHITE BELT*** Seated meditation for 5 minutes

**How to train:** Sit on a cushion with your legs crossed, your back straight and you palms cupped in your lap… sitting like a Buddha! Set a timer for 5 minutes, close your eyes and breathe in and out through your nose. When we breathe in our belly blows up like a balloon. When you breathe out it’s like a balloon slowly going down. You’re probably going to fidget a little, don’t worry. Just go straight back to sitting like a Buddha as soon as you notice!* Kickboxing Form from memory

**How to train:** Watch the video of the form and then see if you can perform it all the way through on your own. |

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| GOING FOR GREEN-WHITE BELT* Standing Meditation for 1 minute

How to train: Stand with your feet shoulder width apart. Hold your hands level with your mouth with your palms face inwards… like you’re hugging a tree. Breathe in through your nose into your belly. Set a timer to 1 minute and close your eyes.* Blocking Form with Coach

How to train: Follow through the form watching the video. | GOING FOR GREEN-WHITE BELT* Standing Meditation for 3 minutes

How to train: Stand with your feet shoulder width apart. Hold your hands level with your mouth with your palms face inwards… like you’re hugging a tree. Breathe in through your nose into your belly. Set a timer to 3 minutes and close your eyes.* Blocking Form from Coaches Instructions

How to train: Follow through the form using the video. But turn away from the screen and see if you can remember the form just following the voice. | GOING FOR PURPLE-WHITE BELT* Standing Meditation for 5 minutes

How to train: Stand with your feet shoulder width apart. Hold your hands level with your mouth with your palms face inwards… like you’re hugging a tree. Breathe in through your nose into your belly. Set a timer to 5 minutes and close your eyes.* Blocking Form from Memory

How to train: Watch the video of the form and then see if you can perform it all the way through on your own. |
| GOING FOR RED-BLACK BELT* Deep Breathing in Warrior Stance – 1 minute

How to train: Stand in a Warrior Stance with your knees bent so that they line up with your toes. Hold your hands out in front of you in a Palm Heel strike shape. Breathe deeply. Hold for 1 minutes without moving.* Kicking Form with Coach

How to train: Follow through the form watching the video. | **GOING FOR YELLOW-BLACK BELT*** Deep Breathing in Warrior Stance – 3 minutes

**How to train**: Stand in a Warrior Stance with your knees bent so that they line up with your toes. Hold your hands out in front of you in a Palm Heel strike shape. Breathe deeply. Hold for 3 minutes without moving.* Kicking Form from Coaches Instructions

**How to train:** Follow through the form using the video. But turn away from the screen and see if you can remember the form just following the voice. | **GOING FOR ORAGNE-BLACK BELT*** Deep Breathing in Warrior Stance – 5 minutes

**How to train**: Stand in a Warrior Stance with your knees bent so that they line up with your toes. Hold your hands out in front of you in a Palm Heel strike shape. Breathe deeply. Hold for 5 minutes without moving.* Kicking Form from Memory

**How to train:** Watch the video of the form and then see if you can perform it all the way through on your own. |

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

* **Form in a box:** Mark off a small box to stand in that is approximately 3 feet long and 3 feet wide. In this drill you will practice your form while staying in the box, which means that you will need to adjust your stances and movements. Continue for three sets.
* **Math challenge:** You will roll a dice twice and add those two number and then do that many kicks over a chair without putting your foot down while concentrating on not kicking the chair.

**WARM DOWN**

* Hold lower back sitting stretch for 10 seconds - Sit with both feet in front about double shoulder width apart, knees bent. Lean as far forwards as you can.
* Hold clock stretch 10 seconds - Lay flat on your stomach with your arm held palm down near your belt. Turn and lift your opposite shoulder so you are facing the opposite direction of the arm you are stretching. Hold for 10 seconds. Then raise the arm to shoulder level and hold. Then raise the arm slightly above shoulder level and hold.
* Forward lunges for 10 reps - Stand with your hands up. Step far forward, with the opposite leg drop your knee to the floor. Use your hips to drive your hips forward and stretch.
* Ankle rotations 10 reps - Sit with both feet in front. Cross one leg over the other. With one hand hold your ankle in place. With the other grab the instep or big toe and rotate your ankle in a large circular motion.