**The Rochford Martial Arts Academy**

**Dragon Squad At-Home Training**

LESSON: Red Tag (Technique)

**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 TECHNIQUE. Here are the three TECHNIQUE tips that I want everyone to practice today:

1 - How to apply technique to our chambers to kicks.
2 - How to apply technique to our foot position in stances and kicks.
3 - How to apply technique to our hand position in blocks and strikes.

**GRADING SKILLS**

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| GOING FOR RED-WHITE BELT* Must perform all blocks and strikes from Basic Martial Arts Techniques stage 1Blocks: Upper, Inner, Lower, & Outer

Strikes: Knife, Hook & StraightHow to train: Watch the videos following the links below. Practice and memorise the techniques. Have an adult test you by calling out 10 different techniques.[Watch the Stage 1 Blocks](https://www.youtube.com/watch?v=eIqc7HtsEps&feature=youtu.be)[Watch the Stage 1 Strikes](https://youtu.be/TPugjqUFTJs) | **GOING FOR YELLOW-WHITE BELT*** Must perform all kicks and stances from Basic Martial Arts Techniques stage 1

Stances: Ready, Fighting, & Warrior Kicks: Front Kick, Round House Kick & Side Kick**How to train:** Watch the videos following the links below. Practice and memorise the techniques. Have an adult test you by calling out 10 different techniques.[Watch the Stage 1 Stances](https://youtu.be/bKX6fQzxBVA)[Watch the Stage 1 Kicks](https://youtu.be/rTndltGYgys) | **GOING FOR ORANGE-WHITE BELT*** Must perform all blocks, strikes, kicks, and stances from Basic Martial Arts Techniques stage 1

**How to train:** Have an adult randomly callout 10 moves from Red-White and Yellow-White Belt requirements. You must execute these from memory. |

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| GOING FOR GREEN-WHITE BELT* Must perform Basic Martial Arts Techniques stage 1 blocks in 5-second slow motion count

How to train: Go through the Blocks smoothly and continuously making sure your hand positions are correct for each block.[Watch the Stage 1 Blocks](https://www.youtube.com/watch?v=eIqc7HtsEps&feature=youtu.be) | GOING FOR GREEN-WHITE BELT* Must perform Basic Martial Arts Techniques stage 1 strikes in 5-second slow motion count

How to train: Go through the Strikes smoothly and continuously making sure your hand & body positions are correct for each strike.[Watch the Stage 1 Strikes](https://youtu.be/TPugjqUFTJs) | GOING FOR PURPLE-WHITE BELT* Must perform Basic Martial Arts Techniques stage 1 kicks in 5-second slow motion

How to train: Go through the Kicks smoothly and continuously making sure your foot shape & body positions are correct for each kick.[Watch the Stage 1 Kicks](https://youtu.be/rTndltGYgys) |

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| GOING FOR RED-BLACK BELT* Must perform all defences & strikes from Basic Martial Arts Techniques stage 2

Defence: Head Shield, Body Shield, Leg Check, Duck, Leg CatchStrikes: Backfist, Palm Heel, Elbow, UppercutHow to train: Watch the videos following the links below. Practice and memorise the techniques. Have an adult test you by calling out 10 different techniques.[Watch the Stage 2 Defences](https://youtu.be/404BKbcOK30)[Watch the Stage 2 Strikes](https://youtu.be/Gxb--egLAz4) | GOING FOR YELLOW-BLACK BELT* Must perform all kicks and stances from Basic Martial Arts Techniques stage 2

Stances: Cat, Bladed and FrontKicks: Hook Kick, Axe Kick, KneeHow to train: Watch the videos following the links below. Practice and memorise the techniques. Have an adult test you by calling out 10 different techniques.[Watch the Stage 2 Stances](https://youtu.be/Q_eyM6ut-UM)[Watch the Stage 2 Kicks](https://youtu.be/1Kf4G0tjLvk) | GOING FOR ORAGNE-BLACK BELT* Must perform all defences, strikes, kicks, and stances from Basic Martial Arts Techniques stages 1 & 2

How to train: Have an adult randomly callout 10 moves from Red-Black and Yellow-Black Belt requirements. You must execute these from memory. |

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

* **Round kick ladder challenge:** Holding onto a chair, you will pick up your leg and do 1 round kick. Next you will pick up your leg and do 2 rounds kicks without putting your foot down. Continue up to 10 on each leg.
* **Better with every rep:** You will roll the dice to see how many reps you will do and then kick the target with the focus on getting better with every rep.

**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.