**The Rochford Martial Arts Academy**

**Tiger Squad At-Home Training**

LESSON: Orange Tag (CONTROL)

**WARM UP**

* Arms: Push-ups for 10 reps - You will tap your left should with your right hand three times, and then tap your right shoulder with your left hand three times.
* Legs: Squat jumps for 10 reps - You will lower your body into a deep squat position and touch the ground, and then jump as you reach for the sky.
* Abs: Sit-ups w/ legs in the air for 10 reps - You will raise your shoulders off the ground and bring your head to your knees, and then lower them back to the ground.
* Core: Bridge with shoulder taps for 10 reps- You will bring one arm across your body and tap the opposite shoulder, alternate arms.

**LESSON OVERVIEW**

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

1. Have control over your mind by believing in yourself.

2. Have control over your heart by standing up for yourself.

3. Have control of your body by being aware of your surroundings.

**GRADING SKILLS**

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| GOING FOR RED-GOLD BELT* Properly hitting target out of holder’s hand with knife hand strike 3 times 0.5m from wall

How to train: Practice this at home by having an adult hold a cushion 1m away from a wall. You will stand sideways from the target for the knife hand strike. Strike the cushion using enough power and focus to get it to hit the wall. Make sure you return to a precise fighting stance straight away. | GOING FOR YELLOW-GOLD BELT* Properly hitting target out of holder’s hand with round kicks 3 times 0.5m from wall

How to train: Practice this at home by having an adult hold a cushion 1m away from a wall. You will stand in a fighting stance sideways onto the target. Use your foot closest to the cushion to kick the cushion. Strike the cushion using enough power and focus to get it to hit the wall. Make sure you return to a precise fighting stance straight away. | GOING FOR ORANGE-GOLD BELT* Properly hitting target out of holder’s hand with sidekicks 3 times 0.5m from wall

How to train: Practice this at home by having an adult hold a cushion 1m away from a wall. You will stand in front of the target sideways on to it. Side Kick the cushion using the foot closest to it. Strike the cushion using enough power and focus to get it to hit the wall. Make sure you return to a precise fighting stance straight away. |

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| GOING FOR GREEN-GOLD BELT* Round House & Hook Kick to Paddle 3 Times

How to train: Have an adult stand in front of your holding a cushion at head height. Stand in a fighting stance with your left leg forwards kick the cushion with a Left Hook Kick and then Left Round House Kick without putting your foot down. Keep your knee high on both kicks. Kick with your heel for the Hook Kick and shoelace part of the foot for your Round House Kick. Now work out how to do this combination with the Right leg forwards. | GOING FOR BLUE-GOLD BELT* Round House, Hook Kick, Spin Hook Kick to Paddle 3 Times

How to train: Add a spin Hook Kick to the combination from Green-Gold belt. After the Left Round House Kick put your foot down. Turn your head so that you are looking over your right shoulder and keep turning until you see the cushion again. (Your belly should be facing to the opposite direction you started in). As soon as you see the cushion strike it with a Right Hook Kick using your heel. Now work out how to do this combination with the Right leg forwards. | GOING FOR PURPLE-GOLD BELT* Round House, Hook Kick, Spin Hook Kick, Tornado Kick to Paddle 3 Times

How to train: Add a Left Roundhouse Kick to the combination from Blue-Gold belt. After the Right Hook Kick continue turning your body until your belly button is pointing in the same direction it started and finish the combination with a Left Roundhouse Kick using the shoelace part of the foot. Finish in a strong Left fighting Stance. Now work out how to do this combination with the Right leg forwards. |

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

* **Don’t knock the pillow:** Place a stack of 2 or 3 pillows in front of you. You will build your CONTROL by front kicking a target while not hitting the stack of pillows.
* **Super statue:** You will practice having control of your body by running and jumping over a pad and then freezing into a guarding stance.

**WARM DOWN**

* Middle splits push-ups for 10 reps - Go to a middle split position with your hands between your legs. Move your hands forward into push up position. Perform a good push up, and then walk your hands back to the original starting position.
* Side leg swings for 10 reps each - Stand with feet shoulder width apart. Keep your leg straight while you swing your leg to the side, as high as you can. Focus on not bending your knee.
* Inchworm hops for 10 reps - Stand with feet together. Walk your hand forward on the floor until you are in a push up position. Keeping your knees straight, hop landing with your feet between your hands. Focus on not lifting your hands off the ground when you hop.
* Ball roll for 10 reps - Sit with your feet in front, and knees bent. Hug your knees close to your chest. Without rolling over on your side, lean back and rock back and forth.