**The Rochford Martial Arts Academy**

**Little Tigers At-Home Training**

LESSON: Red Tag (Kicking)

**WARM UP**

* Arms: Hold seal position for 10 seconds - Raise your head and belly off the ground using your palms, just like a seal.
* Legs: Hold jack-in-the-box for 10 seconds - Lower your body as far as you can without your bottom touching the ground, as if you were in a tiny box, like a jack-in-the-box.
* Abs: Hold feet out the water for 10 seconds- Raise your heels slightly off the ground as if you are raising your feet out of the water so that the sharks don’t bite your feet.
* Core: Hold Spiderman’s for 10 seconds - Raise your entire body off the ground with the palms of your hands and the balls of your feet, as if you were Spiderman stuck on a wall.

**LESSON OVERVIEW**

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

1. Keep your hands up.

2. Bend your knee before and after you kick.

3. Watch where you are kicking.

**GRADING SKILLS**

|  |  |  |
| --- | --- | --- |
| GOING FOR MINI-RED* 10 Front Kicks in air, alternating legs

How to train: Stand with your feet shoulder width apart. Make a strong guard with good fists, your hands protecting your face and your elbows tucked in to protect your ribs. Lift your knee up to your belly, push your foot out so that the bottom of your foot is pointing outwards level with your belly and your toes are pointing up to the ceiling. Bring your leg back bending your knee again so that it is level with your belly. Then gently put your foot back on the floor. Now switch and do the other leg. | GOING FOR MINI-YELLOW* 10 Front Kicks on target alternating legs

How to train: Have a grownup hold a cushion or a pillow level with your belly. Do 10 front kicks to the pillow switching legs each time and making sure you touch the target with the bottom of your foot. Remember to have a good guard and to make sure you’re bringing your foot back by bending your knee back each time. | GOING FOR MINI-ORANGE* 10 Front Kicks on target alternating legs while stepping down the mat

How to train: Have a grownup hold a cushion or pillow level with your belly one leg length away from you. Touch the target with the bottom of your foot and then gently place your foot underneath the target so you have moved forwards during your kick. Now your grownup will move the target forwards another leg length away from your belly and now you kick forwards with the other leg. Remember good balance and guards whilst kicking! |

|  |  |  |
| --- | --- | --- |
| GOING FOR MINI-GREEN* 5 Front Kicks without putting foot down

How to train: Have a grown up hold a cushion or pillow in front of you level with your knee. You need to do 5 slow front kicks touching the target with the bottom of your foot from the same leg without putting your foot down. | GOING FOR MINI-BLUE* 5 Round Kicks without putting foot down

How to train: Have a grownup hold a cushion or pillow out to the side of you level with your knee. You need to do 5 slow round house kicks touching the target with the shoelace part of your foot without putting your foot down. | GOING FOR MINI-PURPLE* 5 Side Kicks without putting foot down

How to train: Have a grownup hold a cushion or pillow out to the side of you level with your knee. You need to do 5 slow side kicks touching the target with the bladed outside edge part of your foot without putting your foot down. |

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

* Kick and catch: Toss a balloon in the air, kick the balloon, and then catch it before it touches the ground. Continue until you catch it five times in a row.
* Pancake Kick Challenge: Have a grownup rest a cushion in their hand. Pretend the cushion is a pancake and that their hand is the pan. Can you use a front kick, side kick and round house kick to knock the pancake out of the pan without touching it? Do this with both legs.

**WARM DOWN**

* Pat your back triceps stretch for 10 seconds - Raise one hand and bending at the elbow place the hand on the upper shoulder. Grasp the elbow with the opposite hand and hold
* Side bends for 10 seconds - Stand with your feet shoulder width apart. Place hands on your hips. Bend sideways towards the floor at the waist.
* Sitting quad stretch for 10 seconds - Kneel sitting on your knees and feet and place hands in your lap. Reach as far forward as you can and touch your chest to your knees. Keep your hips in contact with your feet while trying to extend your arms and body forward.
* Kneeling reach for 10 seconds - Kneel sitting on your knees and feet and place hands in your lap. Place hands behind your back. Lean as far back as you can while keeping your knees on the floor.