**The Rochford Martial Arts Academy**

**Little Tigers At-Home Training**

LESSON: Green Tag (Jumping)

**WARM UP**

* Arms: Seal taps for 10 reps - Lay on your belly. Tap your chest with each hand, one at a time, without letting your belly touch the ground.
* Legs: Stationary Frankenstein’s for 10 reps - Raise your legs up to your hands, one at a time, while trying to keep your legs straight.
* Abs: Bicycles for 10 reps - Lay on your back. Raise your legs up and begin moving your feet as if you were riding a bicycle non-stop.
* Core: Crab kicks for 10 reps - Get into a crab position. Kick each leg, one at a time, without letting your bottom touch the ground.

**LESSON OVERVIEW**

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

1. Keep your hands up in a guard to help you balance.
2. Bend your knees before you jump.
3. Keep your head up as you jump.

**GRADING SKILLS**

|  |  |  |
| --- | --- | --- |
| GOING FOR RED BELT5 jumps with both feet in ringsHow to train: Jump like a kangaroo with both feet jumping and landing at the same time. If you don’t have hoops, use some string or your belt to make a circle on the floor. | GOING FOR YELLOW BELT5 jumps with both feet on obstaclesHow to train: Like a frog jumping from one lily-pad to the next. You will need to jump from obstacle to obstacle with both feet jumping and landing at the same time. Pillows ad cushions make great obstacles!  | GOING FOR ORANGE BELT5 hops in rings on 1 footHow to train: Start by balancing on one leg, bend your knee and hop by landing on the same leg you started on. If you don’t have hoops, use some string or your belt to make a circle on the floor. |
| GOING FOR GREEN BELT5 hops over an obstacle on 1 footHow to train: Start by balancing on one leg, bend your knee and hop by landing on the same leg you started on whilst hopping over the obstacle. Start with easy obstacles like your belt and then find trickier one like your favourite cuddly toy. | **GOING FOR BLUE BELT**5 hops with 1 foot onto obstacle **How to train:** Start by balancing on one leg, bend your knee and hop by landing on the same leg you started on. Pillows ad cushions make great obstacles!  | **GOING FOR PURPLE BELT**5 Hops & Scissor kick to pad**How to train:** Have a grown up hold a cushion or a hand level with your belly. Stand on one leg and chamber your knee like you was going to kick. Hop onto your other leg and then use the foot you were just standing on to kick the target. |

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

* Jumping High 10’s: Have a grown up or a friend stand far enough away that you’ll to be able to jump forwards. Then jump in and high 10 each other 10 times.
* Tuck Jump challenge: Make a circle with your belt and stand in the middle of it. Now do a big tuck jump hugging your knees to your chest. Can you do this and land with your feet still in the circle. Do these 10 times to pass the challenge!

**WARM DOWN**

* Twist stretch for 10 reps - Stand up straight with feet shoulder width apart. Twist side to side trying to go as far as you can each side.
* Airplane for 10 reps - Touch the bottom of your feet together and hold your toes. You will then alternate your knees up and down.
* Stretch kicks for 10 reps - Swing your leg as high as you can. Focus on not bending your knee when going higher.
* Rowboat for 10 reps - Sit with both feet straight out and together. Raise your hands above your head. Reach forward past your toes if possible then drag your hands back towards your hips.