**The Rochford Martial Arts Academy**

**Little Tigers At-Home Training**

LESSON: Orange Tag (Blocking)

**WARM UP**

* Arms: Beginner army crawls across the ground - Drag your body down the floor using your forearms.
* Legs: Frankenstein’s across the ground - Swing your legs up to your hands as you walk down the floor.
* Abs: Swimmers for 10 seconds - Kick your legs up and down as if you were swimming, without stopping.
* Core: Bear crawls across the ground - Crawl up and down the floor like a bear without letting your knees or elbows touch the group.

**LESSON OVERVIEW**

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

1. Keep fist tight.

2. Stay calm and don’t panic.

3. Look where you are blocking.

**GRADING SKILLS**

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| GOING FOR MINI-RED* 10 Upper blocks in air alternating arms

How to train: Stand with your feet shoulder width apart. Make tight fists and put your hands on your ribs. To block raise your arm above your head so it forms a roof shape. Make sure your hand is not touching your head, otherwise you’ll hit your own head! The other hand must be tight on your rib ready for the next block. Repeat by switching arms. | GOING FOR MINI-YELLOW* 10 Upper blocks on target, alternating arms

How to train: Have a grownup stand in front of you trying to gently touch you on the head using the palm of their hand. They should use a big slow downward swing from high up. You need to time your block so that they don’t touch your head. Keep your feet still, look them in the eyes and make sure your blocking arm doesn’t touch your head. Repeat by switching arms. | GOING FOR MINI-ORANGE* 10 Upper blocks on target, alternating arms while stepping down the mat

How to train: Have a grownup stand in front of you so that you both have room to step into each other. They will step in and try to touch you on the head. You step in and block them using the same side arm as the leg you’ve just stepped with. Your grownup will move back a little bit and then you both repeat with the other side. |

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| GOING FOR MINI-GREEN* 5 Shield Blocks Using Both Hands

How to train: Have a grownup stand in front of you. You stand shoulder width apart with your hands on your ribs. They will try to touch your ears with both hands at the same time. You will bring your arms up tightly into the sides of your head shielding so that they can’t touch your ears. | GOING FOR MINI-BLUE* 10 Shield Blocks Using Alternate Hands

How to train: Have a grownup stand in front of you. You stand shoulder width apart with your hands on your ribs. They will try to touch your ear using one hand and you will use the arm on the side they are trying to touch to shield with keeping your other hand on your rib. Repeat on the other side. | GOING FOR MINI-PURPLE* 10 Shield Blocks Using from random sides

How to train: Have a grownup stand in front of you. You stand shoulder width apart with your hands on your ribs. They will try to touch your ear using one hand randomly from either side and you will use the arm on the side they are trying to touch to shield with keeping your other hand on your rib. |

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

* Pad drop challenge: You will practice BLOCKING by protecting your head from targets that are dropped from above by your helper. Continue until you block five targets in a row without the targets hitting your head.
* Block by number: You will roll a dice and then execute the same number of blocks as the number on the dice while counting out loud.

**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.