**The Rochford Martial Arts Academy**

**Tiger Squad At-Home Training**

LESSON: Purple Tag (Discipline)

**WARM UP**

* Arms: Shoulder taps for 10 reps - You will tap your left should with your right hand, and then tap your right shoulder with your left hand.
* Legs: Beginner squats for 10 reps - You will lower your body into a deep squat position while your arms remain extended in front of you, and then raise your body back up.
* Abs: Sit ups for 10 reps - You will raise your shoulders off the ground, and then lower them back to the ground.
* Core: Bridge with side taps for 10 reps - Tap the side of your leg with your hand, alternating arms.

**LESSON OVERVIEW**

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

1. Being still – it’s hard to sit still so if you can sit still then you have good discipline.
2. Following directions – your parents and teachers should only have to tell you once to do something.
3. Self-discipline – if you can do something on your own then you have good self-discipline.

**GRADING SKILLS**

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| GOING FOR RED-GOLD BELT* Escape from single hand arm grab – Using circles, push, strong root and “Leave me alone!”

How to train: Pretend the bully has cross grabbed your wrist. Set back and circle your arm up on the inside until it is pointing towards their nose. This should weaken their grip. Do a sharp single-handed push to knock their arm off. Then step forwards and sharply push their shoulders with both hands. Step back strongly, look them in the eyes, point to their nose and tell them to leave you alone.Once you can remember the sequence. Practice safely with an adult. | GOING FOR YELLOW-GOLD BELT* Escape from double hand front shoulder grab – root, shoulder push off & “Leave me alone!”

How to train: Pretend the bully has grabbed you by the shoulders. Step back with your hands together and drive them sharply upwards to the sky until the bully’s grip is weakened. Then keeping your elbows in front of your body make a “Y” with your hands. Step forwards and sharply push the bully’s shoulders with both hands. Step back strongly, look them in the eyes, point to their nose and tell them to leave you alone. Once you can remember the sequence. Practice safely with an adult. | GOING FOR ORANGE-GOLD BELT* Escape from double back shoulder grab – strong root, push off & “Leave me alone!”

How to train: Pretend the bully has grabbed you by the shoulders from behind. Spin round sharply knocking their arms to the side finishing in the start of the push position with your elbows in front of your body. Step forwards and sharply push the bully’s shoulders with both hands. Step back strongly, look them in the eyes, point to their nose and tell them to leave you alone. Once you can remember the sequence. Practice safely with an adult. |

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| GOING FOR GREEN-GOLD BELT* Strong root, double shield from a haymaker, chest push & “Leave me alone!”

How to train: Pretend the bully is trying to hit you with a big hook punch. Step back shielding with both arms and then step in with a sharp double push to the shoulders as soon as their punch has finished. Step back strongly, look them in the eyes, point to their nose and tell them to leave you alone. Once you can remember the sequence. Practice safely with an adult. | GOING FOR BLUE-GOLD BELT* Head Lock Escape and push & “Leave me alone!”

How to train: Pretend the bully is coming behind you to put you in a headlock. As soon as you feel the headlock going on, “Blend” with it so that you end up behind the bully. Sharply push whichever target is appropriate and tell them to leave you alone. Once you can remember the sequence. Practice safely with an adult. | GOING FOR PURPLE-GOLD BELT* Bear Hug escape and push & “Leave me alone!”

How To train: Pretend the bully is coming behind and putting you into a bear hug. Drop into a strong warrior stance as press your hands together driving them upwards in front of the bully’s hands. This will create enough room for you to turn and sharply push the bully’s shoulders. Step back and tell them to leave you alone. Once you can remember the sequence. Practice safely with an adult. |

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

* Ninja Ears: Whilst you are doing 30 star jumps have a friend or grownup tell you do one of the three learning positions (sitting, kneeling and standing). You will work on your discipline by using your ears to listen to certain commands and follow promptly.
* On your own: You will practice discipline by running to the other side of the room and doing your 4 best push-ups, then running back and doing 4 kicks. You will continue this for 4 sets without cheating while also giving your best effort.

**WARM DOWN**

* Arm circles backwards and forwards for 10 reps each - Swing your arms in large circles to the front and then to the back.
* Ski’s for 10 reps each - Stand with feet together. Place your hands on your knees. While keeping your knees together, move them in a large circular clockwise motion, then switch directions.
* Side lunges for 10 reps - Stand with feet together. Step out to the side with one foot. Bend your knee while keeping your hands on the floor. Alternate sides.
* Cross over toe touches for 10 reps - From a standing position cross one leg over the other, keeping feet close together. Place one hand over the other and lean forward to touch your toes. Alternate sides.