

Junior Basic Week 4 Curriculum

Warmups

1. Jumping Jacks - 30 sec
2. Squats - 30 sec
3. Booty Kickers - 30 sec
4. Single Punch Series - 10 each (left & right side)

Escrima Sticks (5x)

White – Orange/White – Orange

- Strikes 1-7 (right side only)
- Single X (right side only)

Yellow Belts

- Strikes 1-7 (both sides)
- Single X (both sides)

45 sec of high knees – 5 push-ups, 5 sit-ups

Self-Defense

1. Single Wrist Grab (5x on each side)
2. Double Wrist Grab (5x on each side)
3. Bicycle Kicks

45 sec of high knees – 5 push-ups, 5 sit-ups

Kicks (5x on each side)

White Belt - Step Side Kick

Orange / White Belt - Pick up Side Kick

Orange Belt - Half Spin Side

Yellow Belt - Full Spin Side

45 sec of high knees – 5 push-ups, 5 sit-ups

Boxing

1. Boxing #1-4 (10 sets with left side forward)
2. Ali Shuffle (30 sec)
3. Palm Strikes (10x each side)
4. Inverted T Movement Only

Final Exercises - Rail Kicks

1. Side Kick (5x on each side)
2. Hook Kick (5x on each side)

Cardio Blast (Repeat 5x)

1. 30 sec of high knees
2. 5 Push-Ups
3. 5 Sit-Ups
4. 5 Squats
5. 5 Jumping Jacks

Bonus

Hourglass Footwork Drill