

Adult Advanced Week 5 Curriculum

Warmups

1. Jumping Jacks - 30 sec
2. Squats - 30 sec
3. Booty Kickers - 30 sec
4. Single Punch Series - 5 each (left & right side)
5. Double Punch Series – 5 each (jab, cross / cross, jab / cross, hook / hook, cross)

Escrima (5x each side)

1. Earth Six

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

Sparring Combo (Yellow Tape)

1. Left slip with parry, left hook (or left jab), right cross, left kick of your choice
2. Right slip with parry, right cross, left hook (or left jab), right kick of your choice

Self-Defense (3x on each side)

1. Single Wrist Grab
2. Double Wrist Grab
3. 2-on-1 Wrist Grab
4. Double High Wrist Grab
5. Cross Wrist Grab

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

Boxing

1. Boxing #1-4 (5 sets with left side forward)
2. Ali Shuffle (30 sec)
3. Buzzsaw (30 sec)
4. Palm Strikes (10x each side)
5. Inverted T with Boxing (30 sec)
6. Double Punch Series – 5 each (jab, cross / cross, jab / cross, hook / hook, cross)

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

Kicks (5x on each side)

1. Double Kicks (round, round / side, side / front, round / hook, round)
2. Skipping Side Kick
3. Skipping Round Kick
4. Skipping Hook Kick

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

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