

Adult Basic Week 5 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

Sparring Combos

1. Left slip, left hook (or left jab), right cross, step up left leg front kick
2. Right slip, right cross, left hook (or left jab), back leg front kick

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 (10x 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