

Adult Intermediate 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. Double Horseshoe
2. Strikes 1-7 (both sides)

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

Sparring Combo (Yellow Tape)

1. Left slip, left hook (or left jab), right cross, skipping round kick
2. Right slip, right cross, left hook (or left jab), skipping side 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. 2 on 1 Wrist Grab (5x on each side)
4. High Double Wrist Grab (5x on each side)

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

Kicks (10x on each side)

1. Skipping Side Kick
2. Skipping Round Kick
3. Skipping Hook Kick

45 seconds 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