

Kids (7-12) (Blue Belt & up) At-Home Training Lesson: SELF-CONTROL

Section 1: Dynamic Warm-ups

- Arms: Push-ups for 15 reps - You will tap your left shoulder with your right hand three times, and then tap your right shoulder with your left hand three times.
- Legs: Squat jumps for 15 reps - You will lower your body into a deep squat position and touch the ground, and then jump as you reach for the sky.
- Abs: Sit-ups w/ legs in the air for 15 reps - You will raise your shoulders off the ground and bring your head to your knees, and then lower them back to the ground.
- Core: Bridge with shoulder taps for 15 reps- You will bring one arm across your body and tap the opposite shoulder, alternate arms.

Assignment Overview

- Today you are going to work on SELF-CONTROL.
- Here are the three SELF-CONTROL tips that I want you to practice today:
 1. Keep your hands on guard while you kick.
 2. Lift your knee high when kicking.
 3. Keep your head up while practicing.

Section 2: Skill-building drill (Do three sets)

- Don't knock the pillow: Place a stack of 2 or 3 pillows in front of you. You will build your Self-CONTROL by front kicking a target while not hitting the stack of pillows. Do this drill 4 times, and try a different kick each time. *(Ask Parents before using pillows)*
- Half/Moon around the pillows: You will practice your Self-Control by placing some pillows on the ground and Half-Moon with your Blocks without touching the pillows. Try this a few times, Move the pillows to different spots each time, or add some more pillows!
- Super statue: You will practice having Self-Control of your body by throwing a roundhouse kick with your right leg and step immediately into a twist stance with the same leg. Then jump over the pillows and then freezing into a horse stance.
- Front Position Statue: You will practice Self-Control by standing in front position without wiggling for 2 minutes.
- Crane Stance Statue: You will practice Self-Control by standing on one leg while doing your Blocks/ Counters as long as you can. *(try not to loose your balance, or put your foot down)* Do this drill this 4 times and try and improve each time.

Section 3: Dynamic stretches

- Side leg swings for 10 reps each - Stand with feet shoulder width apart. Keep your leg straight while you swing your leg to the side, as high as you can. Focus on not bending your knee.
- Ball roll for 10 reps - Sit with your feet in front, and knees bent. Hug your knees close to your chest. Without rolling over on your side, lean back and rock back and forth.

