

Kids (7-12) (white-purple belt) At-Home Training Lesson EFFORT

Section 1: Dynamic Warm-ups

- Arms: Bear Walks across the ground - You will walk across the room on your hand and feet, while keeping your back arched towards the sky.
- Legs: Frog hops across the ground - Try to keep your bottom close to the ground and knees bent, as you jump forward like a frog across the room
- Abs: Dragon walks across the ground - You will start in a push-up position- walk right hand and foot forward at the same time, then the left side while keeping your body close to the ground-continue this motion across the room.
- Core: Inch worms across the ground - You will start by touching the floor with your hands as close to your feet as possible-walk your hands out in front of you, then walk your feet to reach your hands. Continue walking your hands out, then feet to reach your hands all the way across the room.

Assignment Overview

- Today you are going to work on EFFORT.
- Here are the three EFFORT tips that I want you to practice today:
 1. Make sure your doing your best with each technique while you practice
 2. Do each move with full power.
 3. Try to go through each move without stopping.

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

- Burn-outs: You will practice your EFFORT by performing ALL your combination techniques (example #6, #7, #3, #5, #2, #18, #4, #8) non-stop for 3 times each.
- Double EFFORT: You will practice your EFFORT by holding your Horse stance-hands in elbow position without straightening your legs for 60 seconds.

Section 3: Dynamic Stretches

- Windmill for 10 reps - Stand with both feet double shoulder width apart and hands out to the sides. Lean forward reaching with your left and try and touch your right foot without bending your knees. Stand back up and repeat to the other side.
- Stretch outside crescent kicks for 10 reps - Stand in a guarding stance. Swing your rear leg to perform an outside crescent kick. Focus on keeping your leg straight on each kick.
- Kneeling sideways leg swings 10 reps - Kneel with one knee on the floor and the other leg straight. You can use your hands for balance if needed. Swing your leg up and to the side without falling over.
- Hold half kneeling hamstring stretch for 10 seconds - Stand with your feet double shoulder width apart. Bend on knee while keeping the other straight.