

## Kids (7-12) (white-purple belt) At-Home Training Lesson SELF-CONTROL

### Section 1: Dynamic Warm-ups

- Arms: Push-ups for 10 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 10 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 10 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 10 reps- You will bring one arm across your body and tap the opposite shoulder, alternate arms.
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### 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 in elbow position while you kick.
  2. Focus and try not to wiggle.
  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 around them without touching. 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 running and jumping over the pillows and then freezing into a guard stance.
- Front Position Statue: You will practice Self-Control by standing in front position without wiggling for 90 seconds.
- Front Position/Horse Stance jumps: You will practice Self-Control by practicing moving from Front Position then jump into a Horse stance in the same spot.
- Crane Stance Statue: You will practice Self-Control by standing on one leg perfectly still for as long as you can. 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.