

4 to 6-year-old (lil'Dragons) At-Home Training Lesson: FOCUS

Section 1: Static Warm-ups

- Arms: Hold push-up position for 10 seconds - Raise your body off the ground with your palms, while keeping your knees, hips, and head aligned.
- Legs: Hold low Horse Stance for 10 seconds - Lower your body into a deep Horse Stance while your arms remain extended in front of you.
- Abs: Hold V Sit for 10 seconds - Raise your upper body and legs off the ground. Try to keep your feet together and try not to bend your knees. *(you should look like the letter V)*
- Core: Hold Crab Walk Position for 10 seconds - Raise your body off the ground with the palms of your hands and your feet, as if you were a table.

Assignment Overview:

- Today you are going to work on FOCUS.
- Here are the three FOCUS tips that I want you to practice today:
 1. Return your hands to elbow position in between each punch.
 2. Stay in a Horse Stance while you punch.
 3. Watch where you are punching.

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

- Math Punches: You will solve a simple math problem given to you on a flash card (index cards or piece of paper works fine as well) and then do punches equal to the sum of the math problem. Continue until you solve five problems in a row. *(try and do a different type punch with each math problem)*
- Ninja punches: Find a small box to stand in. Do ten punches while keeping your feet in the box while blindfolded. Continue until you do 3 different types of punches.

Section 3: Passive stretches

- Hold bow and arrow stretch for 10 seconds - Cross one arm across your body. Use the opposite arm to hold it to your chest locking arms at the elbows or slightly higher.
- Hold backbend for 10 seconds - Stand with feet wide apart. Place hands on your hips. Keeping your head up, bend as far back as you can without falling over.
- Hold front leans for 10 seconds - Stand with feet together. Exhale out as you slowly lean forward. Do not reach for your toes, simple let your body hang while stretching your Back, Hamstrings, and Calves.
- Hold middle splits for 10 seconds - From a standing position place hands on the floor. Slowly slide your feet out to the sides. Stop when your knees start to bend.