

Lesson Plan Week of October 9th, 2017 V2

Scramble to balance:

- **Part 1-**Students lay flat on their stomach or backs on the floor. When the instructor says Hajame students scramble to their feet and stand on 1 foot with their knee in the air in front of them standing on 1 foot. Repeat several times alternating legs and with **eyes closed**.
- **Part 2-** Students scramble to balance position now holding one foot behind them. Once they are balanced they will bend forward and touch the standing legs foot alternating hands and returning to a standing balanced position between touching the foot with each hand.
- **Part 3-** Scramble to a balanced runners position (Front leg bent with the rear foot off the ground) Then swing the lifted leg forward as they jump off the standing leg landing into a squat position.

No Fear Front Kicks

- **Set up:** On the mats place a small brown beam followed by 6" block after the block place a tall triangle step on top of a circle block.
- **Drill:** Students will perform Mai Geri front kicks at each station. Have them perform the kicks with both legs. At the last station hold their hand for the 1st 2 kicks then have them perform the kicks by themselves.

Medicine ball bowling:

- **Set up:** At one end of the mat place a starting dot and 2 medicine balls. At the other end set up 5 cones in a pyramid bowling pin formation.
- **Drill:** Students will each get 2 rolls to knock down all the cones.

Paddle Ball Walks: Mark a starting and ending point. Students walk from point to point while they balance a ball on a paddle. To make it harder have them weave through cones or step over a cone pole obstacle.

Memory techniques

- **Set up:** At the far end of the mats put 2 sets of 4 hoops. Use the same colors for both sides of the mats.
- **Drill:** Instructors call out 2 colors and 2 techniques. Students must remember the correct sequence of colors techniques to perform. Switch up the colors and techniques so other students can't help them.

Knock the Bag Donkey Kicks

- **Set up:** On each mat put a standing bag, 2 feet in front of the standing bag put a set of hands on the floor.
- **Drill:** Students will each get 4 attempts to knock over the standing bag while performing Donkey kicks.
- Instructors demonstrate to place the hands down on the markers and kick up and backwards with both feet striking the standing bag.

Fumi Komi Stomp Kicks

- **Set up:** On each mat put 3 black target pads in a row about 2-3 feet apart
- **Drill:** Students will jump forward over the pad, jump half turn and then perform a stomp kick on the pad. After kicking they will do another half turn and jump over the next pad until they reach the end.

Ending Game Tree Freeze or High block Freeze