

Kickaroo Karate Lesson Plan Overview June 18th – 25th, 2018

During the weeks of June 18th & June 25th our lesson plans will focus on a variety of skills. Drills will work on jumping and landing skills, hand eye coordination, balance, core strength development, blocking, kicking, focus and listening skills. As summer gets into full swing students are very excited about being able to play outside. Their excitement often makes it difficult for them to settle down and focus on listening to instructions, so during the first few weeks of summer we use a variety of drills that uses their excited energy in drills that teach them they can still have fun when they focus and are good listeners.