



Hi Students!

Today's lesson is all about the BASICS! And you can't get much more basic than your BOXING STANCE, right?

It's super duper important to practice our stance all the time. It might seem a little easy, or even silly, but we want to make sure we are so good at it, we can't possibly do it wrong!

First, make sure you know which side is your LEAD and which is your REAR. A really easy way to figure this out is to think about which hand you use to draw pictures. Do you draw with your RIGHT hand or your LEFT hand?

Whichever hand you draw with, that's your REAR hand. The hand that you don't use as much will be your LEAD hand. Easy, right?

My LEAD hand is my _____ Hand

My REAR hand is my _____ Hand

Am I an "Orthodox" or "Southpaw" boxer? _____

What is a "Pivot" in Boxing? _____

Where does my chin go? Where do my hands go? Where do my shoulders go? _____

Can you draw me a picture of yourself in a proper BOXING stance? Feel free to add any cool things you like, like a superhero outfit, your jiu-jitsu gi, or anything else you can think of (even a pet sidekick!)



Ok great, now, let's get on to our Workout of the Day! Read through the workout first, then refer to the very last part of the lesson where you can see the entire workout listed in order!

We're going to start with a familiar warmup -- BREAK FALLS!

- 10 Break Falls backwards
- 10 Break Falls to the right
- 10 Break Falls to the left
- 10 Sprawls

Now, we're going to do some "Shadow Boxing." Shadow Boxing means we're going to get into our Boxing Stance, and start moving around -- advancing, retreating, moving to the side, whatever! It's called "Shadow Boxing" because it's almost like you're sparring against your own shadow. So you need to use your imagination and pretend that you are boxing a real opponent!

At this point, you may not have a lot of proper boxing skills. But that's OK! Throw any punches you like, keep your head and feet moving, and make sure to out work your shadow. Speed is the name of the game so stay super active!

When we shadowbox, we usually do so in "rounds." A Round is a period of time, usually a few minutes, where we are active. Jiu-jitsu has Rounds too. Remember doing a few rounds of "Live BJJ Rolling?"

Same concept!

For our shadowboxing today, we are going to do THREE, TWO MINUTE rounds. In boxing, we write this down as "3x2min Rounds."

So if I were to write 5x3min rounds, what would that mean?

If you guessed FIVE ROUNDS of THREE MINUTES each, you are correct!

Once we start learning some new skills, we'll be adding a lot more cool stuff to our shadowboxing and daily workouts!

But for today, we're just going to use the rounds of shadowboxing to really work on our foot work!

After shadowboxing, we have to work on our STRENGTH and BALANCE training!

We're going to complete 4 rounds of the following exercises (meaning, we're going to do all the exercises below in order, then repeat the entire list 3 additional times).

15 Pushups

15 Situps

15 Jump Squats

10 Rolling onto One Shin

20 Hops on our right foot (left foot doesn't touch the floor!)

20 Hops on our left foot (right foot doesn't touch the floor!)

And that's it!

So, to review, our workout today looks like this, in order:

1 Round of the following:

- 10 Break Falls backwards
- 10 Break Falls sideways (right)
- 10 Break Falls sideways (left)
- 10 Sprawls

3x2min Shadowboxing (make sure to practice proper stance and footwork!)

4 Rounds of the following:

- 15 Pushups
- 15 Situps
- 15 Jump Squats
- 10 Rolling onto One Shin
- 20 Hops on our right foot (left foot doesn't touch the floor!)
- 20 Hops on our left foot (right foot doesn't touch the floor!)

By completing this workout today, in full, you will earn a RED STRIPE on your belt! You'll only get credit if you've completed EVERY PART of the worksheet, as well as the workout! So make sure to do a really good job on all this!

Parent's Signature: _____ Date: _____