



Hi Students!

By now, you should all be NINJAS at staying in your stance. And with the addition of the **jab** and **cross** punch, you are definitely getting super dangerous!

Now that we understand how and *why* we stand and move the way we do, and are familiar with throwing good punches, let's add some new skills to your toolbox!

We will be learning four new punches today. The Lead Hook, the Rear Hook, the Lead Uppercut, and the Rear Uppercut!

Why do we use different punches in boxing? Why can't we just use the Jab and Cross?

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What is your favorite punch so far, and why? \_\_\_\_\_

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If we are paying attention to the punch numbers, how can we tell if a punch is a LEAD or a REAR punch? Is there a pattern in the numbers?

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I'm sure you've been paying super close attention to the punches and their numbers. So this should be easy! Draw a line from the Punch # to the correct punch it represents!

**Punch #1**

**Cross**

**Punch #2**

**Lead Hook**

**Punch #3**

**Lead Uppercut**

**Punch #4**

**Rear Hook**

**Punch #5**

**Jab**

**Punch #6**

**Rear Uppercut**

Can you draw me a picture of yourself throwing your FAVORITE punch? Which one is it? By now you know, add as much cool stuff as you can!



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 still going to start with a familiar warmup -- BREAK FALLS! Learning how to fall, and how to stand up, are one of the most important skills in all of martial arts. So make sure to practice them with a ton of discipline and do them as best you can!

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

As you may have guessed, we're going to do some shadow boxing! As you remember from last time, we are practicing our boxing skills against an imaginary opponent. Now that we have additional skills like the hook and the uppercut, we can deal with an even tougher opponent!

Draw a picture of your Shadow Boxing Opponent for today! What makes this opponent different than your last one? Or is it your last opponent, and they're hungry for another few rounds?



During today's shadowboxing, we want to focus on **all our punches**. And, always, remember to practice good stance and footwork too!

We are going to do THREE, TWO MINUTE rounds (3x2min) of shadowboxing again today. Our COMBO OF THE DAY is "3-2-6-5."

Can you translate that from Punchy's Number Language to English?

\_\_\_\_\_ then \_\_\_\_\_ then \_\_\_\_\_ then \_\_\_\_\_

Last class, we only did 150 of our jab and our crosses, so only 300 punches TOTAL.

Today we are doing.... SIX HUNDRED PUNCHES !!!!!!!

50 Each of the Jab, Cross, Lead Hook, Rear Hook, Lead Uppercut, and Rear Uppercut.. TIMES 2!!!!!!

Make sure to throw those punches properly, and always **return to your guard between punches**. A really easy way to make sure we are returning to our guard between punches is to **touch our chin**. So if I were throwing 50 jabs, I would throw the first punch, bring my hand back and touch my chin, then throw my second punch, and so on.

This will build really strong fundamentals!

Next, 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). This one is gonna be tough but I'm confident you can handle it!

15 Jumping Squats with a flying knee!

15 Situps

3 Forward Rolls

20 Mountain Climbers

10 Rolling onto One Shin

20 Monkey Crawls (if you don't have a lot of room, go side to side)!

3 Backward Rolls

20 Jumping Jacks

Today's BLITZ DRILL drill is called DUCK & CHUCK!

First you duck (to get out of the way of a punch, so basically just do a squat) then come back up and throw two hooks! Each squat + 2 hooks equals ONE DUCK & CHUCK!

We're going to try and complete as many DUCK & CHUCK'S as we can in 30 seconds!

Then, 3 more rounds! For a total of four.

Your challenge is to do AT LEAST 15 DUCK & CHUCK'S each round! Can you do it??

Okay awesome!

I do have one more favor to ask you. THANK YOU for helping us get off the moon last time. We were totally lost in outer space! But I think, after we did our DUCK & CHUCK drill, we traveled to a different place. There are dinosaurs everywhere and it's totally nuts.. I think Beavis has gone a little wild! Color us in and help us get back home so we can continue training!

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, and keep your jabs and crosses super crisp!)**

**Punch Volume Training (with gloves/mitts or on a pillow or other soft surface)**

- 50 Jabs
- 50 Crosses
- 50 Lead Hooks
- 50 Rear Hooks
- 50 Lead Uppercuts
- 50 Rear Uppercuts
- Repeat 2 times total (600 punches OMG!!!!)

**4 Rounds of the following:**

- 15 Jumping Squats with a flying knee!
- 15 Situps

- 3 Forward Rolls
- 20 Mountain Climbers
- 10 Rolling onto One Shin
- 20 Monkey Crawls (if you don't have a lot of room, go side to side)!
- 3 Backward Rolls
- 20 Jumping Jacks

## **2 Rounds of LIGHTNING STORM**

- :30 of 1-2's as fast as possible

## **2 Rounds of DUCK & CHUCK**

- :30 of as many Squat + 2 Hooks as you can do!

By completing this workout today, in full, you will earn a GREEN 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: \_\_\_\_\_

