



Hi Students!

Now that we are familiar with all the different punches in boxing, we're going to learn how to REALLY get some power in those shots!

Although our punches might get thrown at different angles, the WAY we throw them is all pretty much the same!

Do you remember the word for ROTATIONAL POWER? I'll give you a hint: it starts with the letter T! What is it?

What are the two main things we want to pay attention to when generating FORCE?

#1 _____ #2 _____

Today's lesson can definitely be a little challenging to understand. We are talking about important concepts that require a lot of thinking. It's totally OK to ask your parents for help! If we can understand HOW and WHY we do certain things, then we will be able to perform them better!

Can you give me an example of another sport that requires TORQUE or TORSION?

In your opinion, between POWER and ACCURACY, which is most important for a punch? And why do you think so?

Can you draw me a picture of yourself throwing your MOST POWERFUL punch? Is it powerful enough to split a mountain in half? Is it even MORE powerful than that? Show me!



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!

After each Break Fall and Sprawl, I want you to stand up as quickly as possible and throw a JAB-CROSS!

20 Backward Break Falls

20 Sprawls

Today's shadowboxing is going to be intense. Because we are working on POWER, we are going to have to imagine a SUPER TOUGH opponent today. Something so tough that we will need to be as powerful as possible to defeat it!

Draw a picture of your Shadow Boxing Opponent for today! What makes this opponent so much tougher than the last one?

A large, empty rectangular box with a thin black border, intended for a student to draw their shadow boxing opponent. The box occupies the lower half of the page.

During today's shadowboxing, we want to focus on **all our punches**. Let's really focus on throwing our weight from side to side and getting some big power into our punches!

We are going to do THREE, TWO MINUTE rounds (3x2min) of shadowboxing again today. Our COMBO OF THE DAY is "3-5-2-4." Since we're DOUBLING UP on power punches on both sides, remember to always get back to your stance between each punch so we can reload our weight.

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

_____ then _____ then _____ then _____

Last class, we upped our volume and did SIX HUNDRED PUNCHES! Since we are all ninjas now, we are going to do six hundred punches again! Remember: we don't practice until we get it right, we practice until we can't get it wrong!

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!

10 Mountain Climbers

10 Sit Throughs (the Bear Crawl to Crab Walk movement)

15 Sit Ups

10 Rolling onto One Shin

20 High Jumps (jump as high as you can and try to get your knees to your chest in midair)

10 Pushups

Today's BLITZ DRILL drill is called TIGER POUNCE!

The TIGER POUNCE is a secret ninja technique. Have you ever seen a cat get really, really low to the ground, and then its eyes get big before it pounces?

We're going to do something similar!

For the TIGER POUNCE, we start with a forward roll. Then we throw 10 punches as fast as we can, then we do a backwards roll back to where we started. That counts as ONE Tiger Pounce.

Today we're doing 15 Tiger Pounces!

If you're having trouble with the forward and backwards rolls, make something up! Maybe you Monkey Crawl in, and Bear Crawl out? Be creative and have fun. But make sure you are quick, silent, and powerful like a Tiger!

On top of that, we're finishing up with 2 rounds of LIGHTNING STORM! Make sure you put on some awesome music to really pump you up!

Once we're done with that, it seems like my friends and I can't seem to stay out of trouble. Beavis was practicing his Tiger Pounces this morning and he punched the bag so hard, a big crack opened up in the floor and we fell to the bottom of the sea!

I need your help coloring the picture so we can get home and dry off!

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

1 Round of the following:

- 20 Break Falls + Jab Cross
- 20 Sprawls + Jab Cross

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!
- 10 Mountain Climbers
- 10 Sit Throughs (the Bear Crawl to Crab Walk movement)
- 15 Sit Ups
- 10 Rolling onto One Shin
- 20 High Jumps (jump as high as you can and try to get your knees to your chest in midair)
- 10 Pushups

15 Tiger Pounces

- :Forward Roll, 10 punches, Backwards roll (make any substitutions necessary)

2 Rounds of LIGHTNING STORM

- :30 of as many punches as you can do! Be fast like lightning.

By completing this workout today, in full, you will earn a YELLOW 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: _____

