



Hi Students!

Your punching power must be through the ROOF by now!

And if there's one thing that's really fun in boxing, it's throwing big punches and feeling them connect. I bet you never imagined you could be so powerful, did you?

But boxing isn't just about being powerful -- it's also about being safe!

And that's where our Helmet Guard comes in. Think of it this way, any sport you play probably requires you to wear a helmet, right? Football, baseball, hockey, bike riding, you name it! They all have helmets.

Boxing has a helmet too, and we make it out of our arms. When we BLOCK punches, we use our arms like a helmet. Make sense?

And when we put on a helmet, do we want that helmet to be:

LOOSE or TIGHT? (Circle the answer you think is correct)

It can be helpful to think of boxing a lot like soccer or hockey, right? We want to score as many goals as possible, but block as many shots as possible too.

Our blocking defense in boxing is a lot like a powerful suit of armor. If we are good at blocking, we are basically invincible! Can you draw me a picture of yourself in a really cool suit of armor? Bonus points if you add boxing gloves!



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!

If you guessed we are going to start with BREAK FALLS today, you are SORT OF correct. We are actually going to put some jiu-jitsu and boxing together!

Today we are going to do 20 repetitions of a JIU-JITSU and BOXING combo! Because this includes more than one style of martial arts, we're going to call it an "MMA" combo. MMA

stands for “Mixed Martial Arts,” and basically means that we are combining parts of different martial arts to make something new.

It’s kind of like Punchy’s favorite dessert: chocolate covered fried onions served over blueberry yogurt! A mixture of different things that, together, makes something even better! YUM!

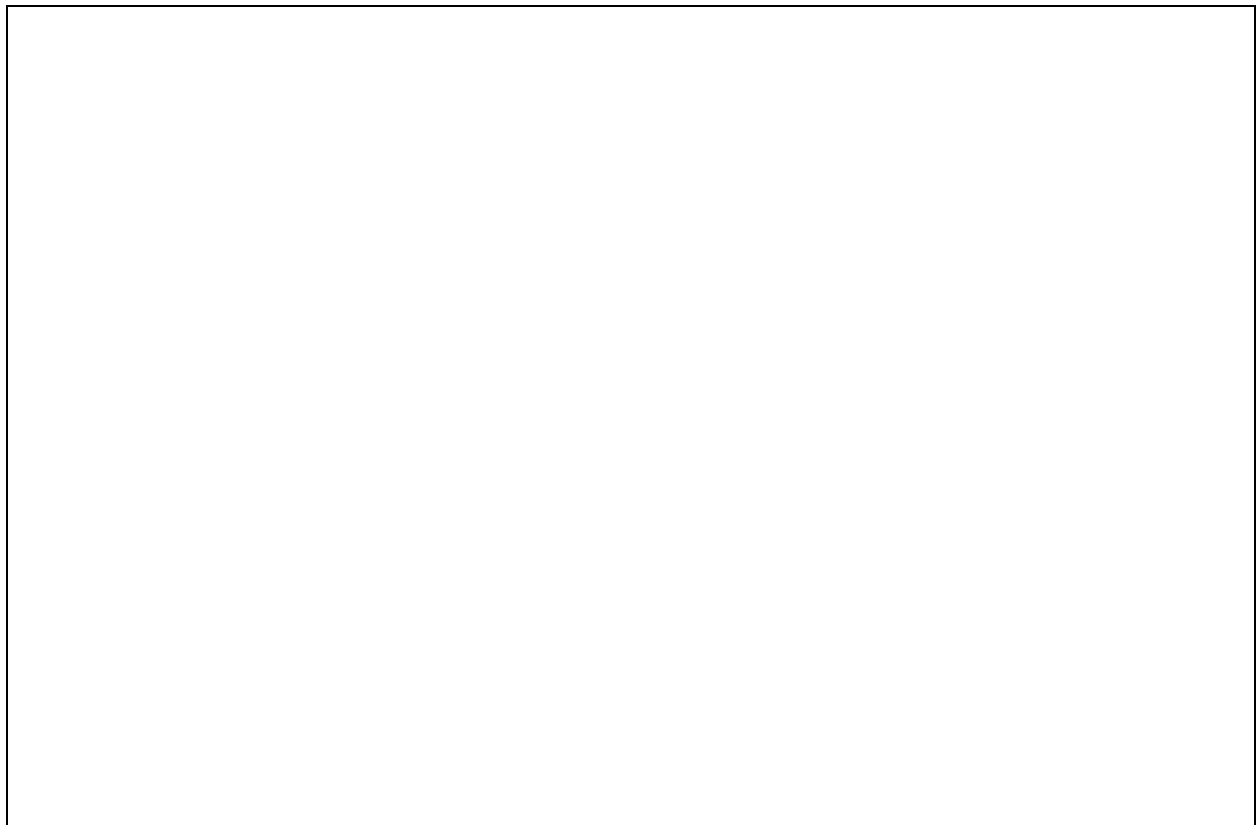
Ok, back to boxing! First, start with a sprawl, then stand up and throw 10 punches, then hit a penetration step!

It will look like this

20 Sprawls, Brawls, and Shoots!

Today’s shadowboxing will incorporate EVERYTHING we’ve learned -- offense, defense, and movement. How creative can you be?

We’re going to kick things up a notch.. Today we are not shadowboxing just one opponent, but an entire team of Super Villains! Draw the team and make them super strong!



We are going to do THREE, TWO MINUTE rounds (3x2min) of shadowboxing again today. Our COMBO OF THE DAY is "1-2-BLOCK-2-5." We need to get really comfortable adding defense into our combinations because if we're close enough to touch someone, they're probably close enough to touch us too!

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

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

Today, instead of throwing 600 punches, we're going to block and return 50 times on both sides!

BLOCK, ROCK, & ROLL!

When we block with our REAR hand, we return with a 2-3

When we block with our LEAD hand, we return with a 3-2

"The hand that blocks, is the hand that rocks!"

Take your time and go slow, and only pick up the speed if you feel up to it!

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!

20 High Knees (running in place, getting your knees as high to your chest as possible)

10 Monkey Crawls (side to side)

10 Crane Kicks Right (hopping on one foot)

10 Crane Kicks Left (hopping on the other foot)

10 Pushups

10 Rolling onto One Shin

10 Squat Jumps with a flying knee

Today's BLITZ DRILL drill is called FIRE AND ICE! You are going to need some help for this one!

When the music is playing, you're shadowboxing with BLAZING FAST speed. But when the music stops, you FREEZE in place like you're made of ice! Music on? Moving fast. Music off? COMPLETELY FROZEN!

We're going to do three, one-minute rounds (3x1min) of FIRE and ICE!

Then follow up with 10 TIGER POUNCES

And 1 round of LIGHTNING STORM.

WHEW! That's a lot to accomplish, but I believe you'll get through it just fine!

And one last thing -- we managed to get out of the sea (THANK YOU for the help), but Beavis can't keep himself out of trouble! We were practicing our TIGER POUNCES yesterday, and we accidentally jumped through a time portal (just our luck, right?) and ended up near an old castle somewhere! Help us get back to the gym by coloring us in super quick! I think I heard a DRAGON breathing somewhere nearby. Yikes!

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

#### **MMA Drills**

- 20 Sprawls, Brawls, and Shoots

**3x2min Shadowboxing (make sure to practice proper stance and footwork, add your defense, and keep your strikes really sharp)**

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

- 50 BLOCK, ROCK, & ROLL'S on each side

#### **4 Rounds of the following:**

- 20 High Knees (running in place, getting your knees as high to your chest as possible)
- 10 Monkey Crawls (side to side)
- 10 Crane Kicks Right (hopping on one foot)
- 10 Crane Kicks Left (hopping on the other foot)
- 10 Pushups
- 10 Rolling onto One Shin
- 10 Squat Jumps with a flying knee

#### **3 Rounds of Fire and Ice**

- 1min of shadowboxing -- when the music is on, shadowboxing fast; when the music is off, freeze in place.

**10 Tiger Pounces**

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

**1 Round 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 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: \_\_\_\_\_

