

Hi Students!

So we can block, we can rock, and we can roll! We understand torque, so we can generate a lot of force. Seems like every piece to the puzzle is in place.. Except one!

Boxing, by and large, is the science of *hitting and not getting hit*.

The ultimate goal in boxing is to be UNTOUCHABLE!

We can accomplish that through two basic skills: FOOTWORK and HEAD MOVEMENT.

Today, we will be talking about two head movement skills that are incredibly important in boxing: SLIPPING and WEAVING. These are not the only ways we can move our head, but they are a great place to start.

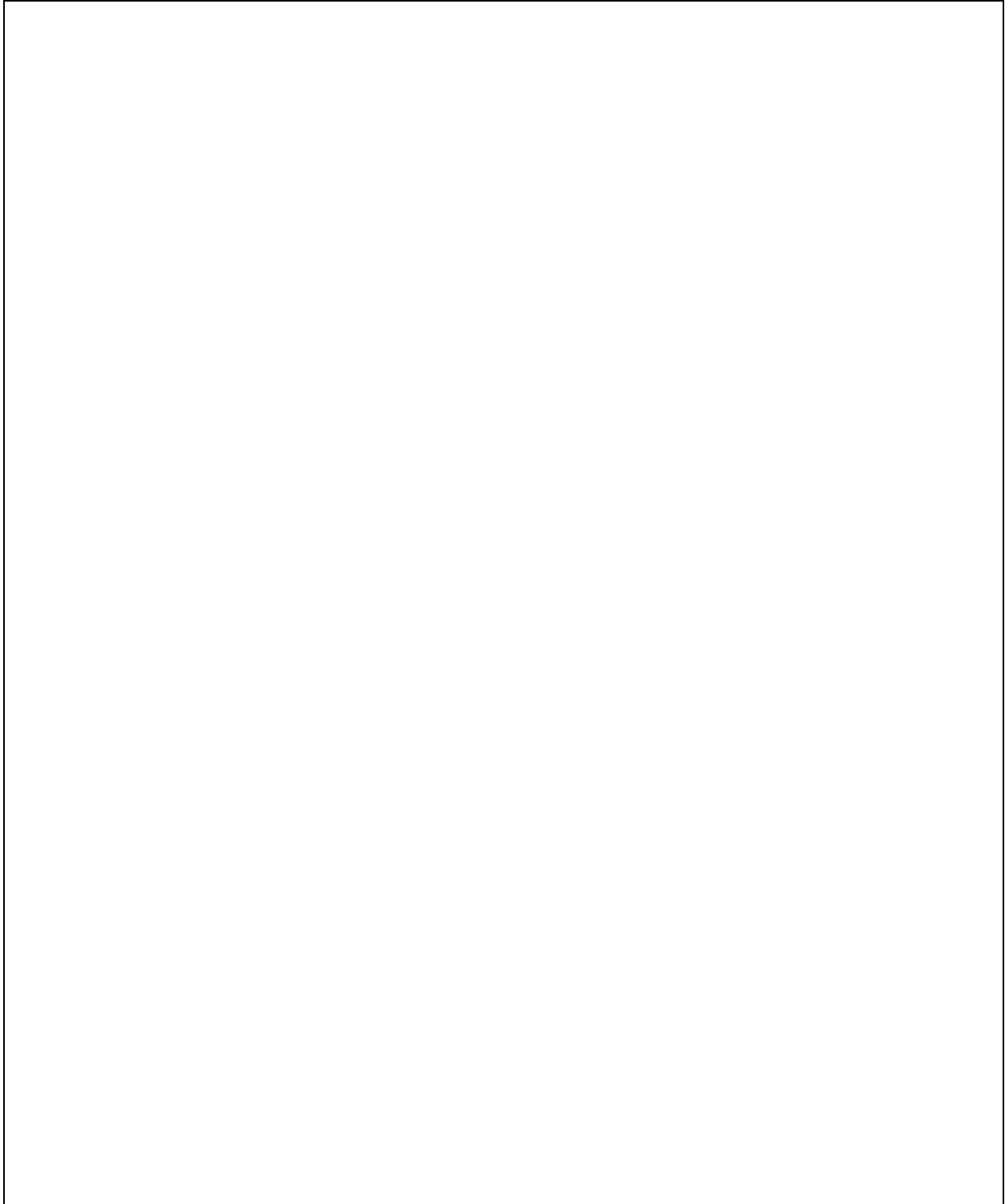
SLIPPING allows us to evade which two punches? _____ and _____

WEAVING allows us to evade which other two punches? _____ and _____

BONUS QUESTION: Slipping moves our head side to side. Weaving takes us UNDER the punches. What other direction can we move our head to evade a punch? Think creatively and don't be afraid to write an answer even if you're not 100% sure!

We can also move our head _____

Since this is the last lesson in our official SPRING BREAK CHALLENGE, today's self picture is totally up to you! Do you want to draw a picture of yourself boxing? Doing jiu-jitsu? Eating ice cream? Have fun and showcase your style!



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'll be leading off with another MMA drill today. Do you remember what MMA stands for?

What does MMA stand for? _____

What makes something an "MMA" combination? _____

Today's MMA drill is going to be a little complicated, so pay attention! We'll be doing **10 repetitions** of this combo.

First we're going to throw our favorite boxing combination (it's up to you!), followed by a backwards break fall. Then, we're going to do 2 shrimp crawls! THEN, we're going to roll up to one knee. Then, we're going to do a penetration step, and finish on our feet. That's ONE repetition. It looks like this:

1. Throw your favorite boxing combo!
2. Break fall (backwards)
3. Two shrimp crawls
4. Roll onto one shin
5. Penetration step
6. Finish in your stance, and repeat 10 times!

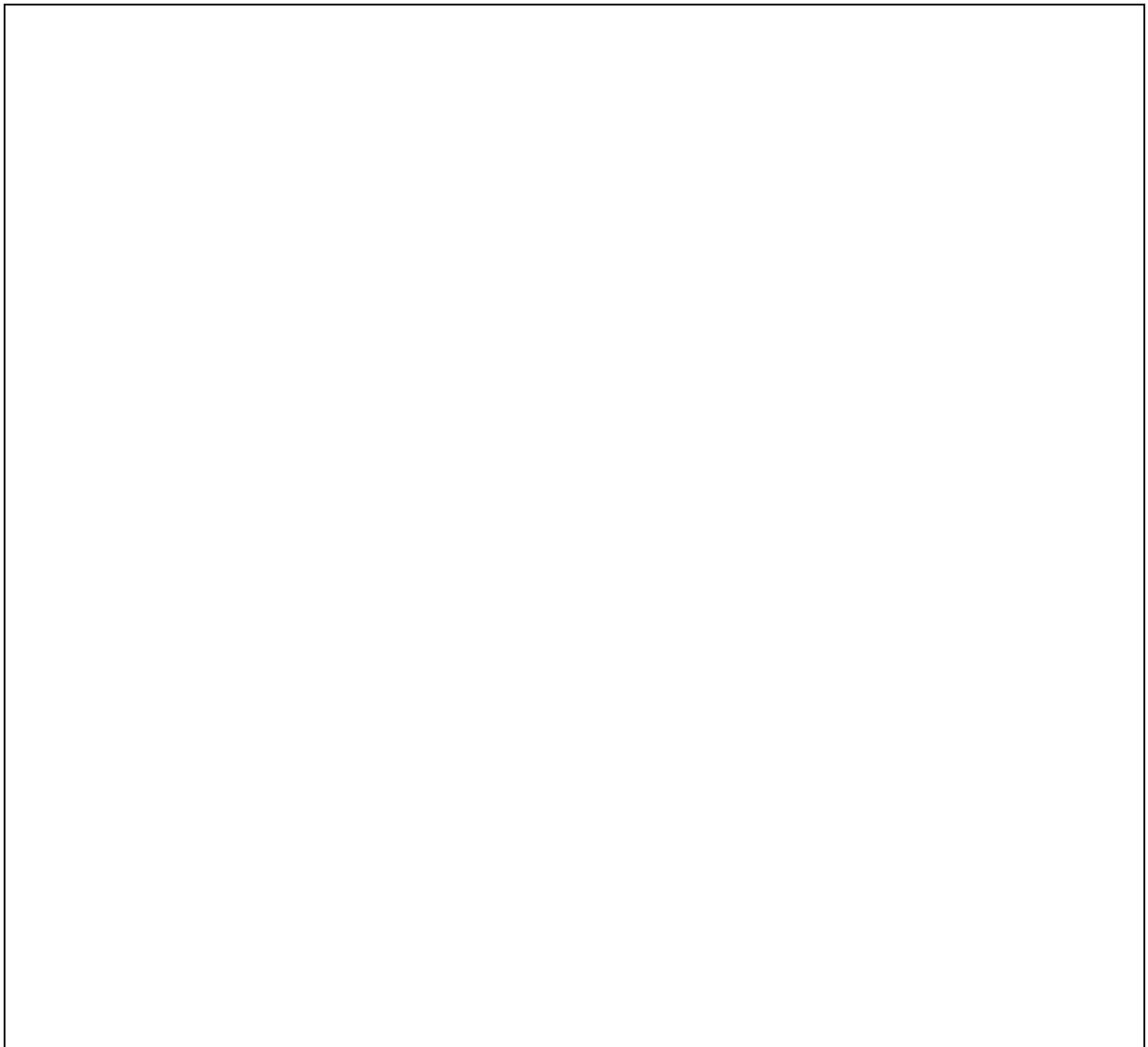
Whew! That's a lot of different elements. We're going to call this series the "MMA ULTRA COMBO!" Think you're up to the challenge?

I have a challenge in today's shadowboxing: I want you to use EVERY element of boxing we've learned so far. Let's list them!

- Stance
- Footwork
- Head Movement
- Blocking
- Jabs and Crosses
- Hooks
- Uppercuts
- Hip Rotation (torque) and Force

That's a lot of stuff to remember! Remember, boxing is a SCIENCE. In boxing, the smarter fighter wins, just like in jiu-jitsu! So put on your thinking cap, focus super hard, and do your best!

Today, we're going to be shadowboxing against the MOST SKILLED OPPONENT OUT THERE -- ourselves! It's gonna be tricky to out think and out maneuver a copy of ourselves, so we're going to have to be really on point! What would it look like if you were shadowboxing against yourself? Would you have the same outfit, or would one of you have a different haircut or come from a different universe where everyone has, I dunno, cat ears or something? Ha! There is no limit on this one.. Be creative and have fun!



We are going to do THREE, TWO MINUTE rounds (3x2min) of shadowboxing again today. Our COMBO OF THE DAY is "1-2-SLIP-SLIP-WEAVE-2-3." 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! Blocking is a great option, but whenever possible we should be elusive.

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

_____ then _____ then _____ then _____ then _____ then _____ then _____

Today, instead of throwing 600 punches, we're going to do a BLITZ DRILL: "SLIP & RIP!"

It's pretty simple, we slip a punch, then throw two back! If we slip to our RIGHT, we throw our RIGHT hand first. If we slip to the LEFT, we throw the LEFT HAND first.

It's actually a lot like "BLOCK, ROCK, & ROLL!" Except instead of BLOCKING, we're SLIPPING the punch.

We'll do 50 SLIP & RIPS on each side (that's 200 punches worth).

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

Except today, YOU get to decide what you do! The only rule is that each round has to have AT LEAST 60 repetitions in it (for example, 30 pushups and 30 situps is 60 repetitions)!

Use the chart below to plan out your workout:

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

_____ reps of _____

Today's SECOND BLITZ DRILL drill is called FLOAT LIKE A BUTTERFLY, STING LIKE A BEE!

You're going to need some help with this one! For one three minute round, you're either going to be **moving around in your stand as fast as possible (*float like a butterfly*), or throwing punches as fast as you can in place (*sting like a bee*)**. Your parent, or whomever is helping you, will yell out "FLOAT LIKE A BUTTERFLY" or "STING LIKE A BEE" to let you know when to change it up!

We'll follow that up with 30 DUCK & CHUCKS!

And finish up with 10 TIGER POUNCES

I know that's a lot, but you're a pro now! So give it your best effort!

We also really want to thank you for bailing us out of a few jams when we got stuck in Dino-land, floated around in Space, swam Under the Sea, and got chased by Dragons. It was a little scary at times but we made sure to stay positive. And in doing so, we actually made some new friends! We've been boxing with our new friends since yesterday and everyone is doing really well! If you'd like, we have one last picture you can color in!

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

MMA Drills

- 10 MMA Ultra Combos

3x2min Shadowboxing (put it all together!)

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:

- Follow through with the workout you created above!

1x3min of Float like a Butterfly, Sting like a Bee!

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

30 Duck & Chucks

- Duck, then throw 2 hooks for one repetition

10 Tiger Pounces

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

By completing this workout today, in full, you will earn a BLUE 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! If you've completed ALL SIX LESSONS, you'll be eligible for the SUPER STRIPE!

Parent's Signature: _____ Date: _____

