

Dragon's Class Plan

Warm up:

- Recite the Dragon Student Creed (out loud)
- 30 seconds Running in place – 2 push-ups/2 jumps/2 ducks (in between)
- 10 Roundhouse Kicks (each leg)
- Hold a plank for 15 sec.
- Stretch for 60 sec.
- REPEAT ONCE

Work out:

- From a Horse Stance: **Tips:** knees bent, back straight, head & eyes forward
 - 20 Alternating Inward Blocks (chamber other hand)
 - Rest legs for 5 seconds
 - 20 Alternating Outward Blocks (chamber other hand)
 - Rest legs for 5 seconds
 - 20 Alternating Upward Blocks (chamber other hand)
 - Rest legs for 5 seconds
- 2 sets of 4 push-ups
- 2 sets of 7 abs (any type)

Curriculum Review:

- 4 blocks -6 times each (Inward, Outward, Upward, Downward) – See Video
- Kicks – Front, Side & Roundhouse Kicks – See Video
- Appreciation Form – 3 times – See Video
- If you know it: Practice Dragon & Tiger Katas

Finale:

- Download Weekly “Homework” and read it together.
- Say the Principles of Black Belt (out loud)