



# Warrior Spirit Karate

DEVELOPING TOMORROW'S LEADERS TODAY



## 5 and 6-year-old At-Home Training Lesson 1: FOCUS

### Section 1: Static Warm-ups

- Arms: Hold intermediate push-ups for 10 seconds - Raise your body off the ground with your palms, while keeping your knees, hips, and head aligned. Make sure your toes remain pointed towards the ceiling.
- Legs: Hold squats position for 10 seconds - Lower your body into a deep squat position while your arms remain extended in front of you.
- Abs: Hold beginner dish for 10 seconds - Raise your shoulders off the ground. Try to keep your feet together and try not to bend your knees.
- Core: Hold beginner bridge for 10 seconds - Raise your body off the ground with the palms of your hands and your feet, as if you were a table.

### Assignment Overview:

- Today you are going to work on FOCUS.
- Here are the three FOCUS tips that I want you to practice today:
  1. Keep your hands up when you kick.
  2. Bend your knee before and after you kick.
  3. Watch where you are kicking.

### Section 2: Skill-building drill (Do three sets)

- Math kicks: You will solve a simple math problem given to you on a flash card and then do front kicks equal to the sum of the math problem. Continue until you solve five problems in a row.
- Ninja kicks: Mark a small box with tape to stand in. Do ten kicks while keeping your feet in the box while blindfolded.

### Section 3: Passive stretches

- Hold bow and arrow stretch for 10 seconds - Cross one arm across your body. Use the opposite arm to hold it to your chest locking arms at the elbows or slightly higher.
- Hold backbend for 10 seconds - Stand with feet wide apart. Place hands on your hips. Keeping your head up, bend as far back as you can without falling over.
- Hold front leans for 10 seconds - Stand with feet together. Exhale out as you slowly lean forward. Do not reach for your toes, simply let your body hang while stretching your Back, Hamstrings, and Calves.
- Hold middle splits for 10 seconds - From a standing position place hands on the floor. Slowly slide your feet out to the sides. Stop when your knees start to bend.