

**LOCATION**
**INSTRUCTOR**
**EQUIPMENT  
NEEDED**
**DATE**
**CLASS OVERVIEW**

<b>PHASES</b>	<b>COMPONENTS</b>	<b>COMMENTS</b>
<b>WARMUP (10 MINS)</b>	<ul style="list-style-type: none"> <li>Joint rotations – neck, shoulders, hips, ankles</li> <li>Balances – supported, single leg, hands above head</li> <li>Stretches – shoulder, quads, hamstrings, side stretch</li> </ul>	
<b>COMPONENT 1 – STANCES (5 MINS)</b>	<ul style="list-style-type: none"> <li>Horse stance – 3 sets</li> <li>Lunge stance – 2 sets each leg</li> <li>Single leg stance – 2 sets each leg</li> </ul>	
<b>COMPONENT 2 – BASIC BLOCKS AND KICKS (10 MINS)</b>	<ul style="list-style-type: none"> <li>Various combinations</li> </ul>	
<b>COMPONENT 3 – AEROBIC WORK (10 MINS)</b>	<ul style="list-style-type: none"> <li>10 punches on mit then running on spot while waiting in line – 5mins</li> <li>Punching with light weights 30 seconds then partner for 30 seconds – 5 mins</li> </ul>	
<b>WARMDOWN (10 MINS)</b>	<ul style="list-style-type: none"> <li>Stretching 5 mins</li> <li>Breathing - box or diaphragmatic breathing</li> </ul>	