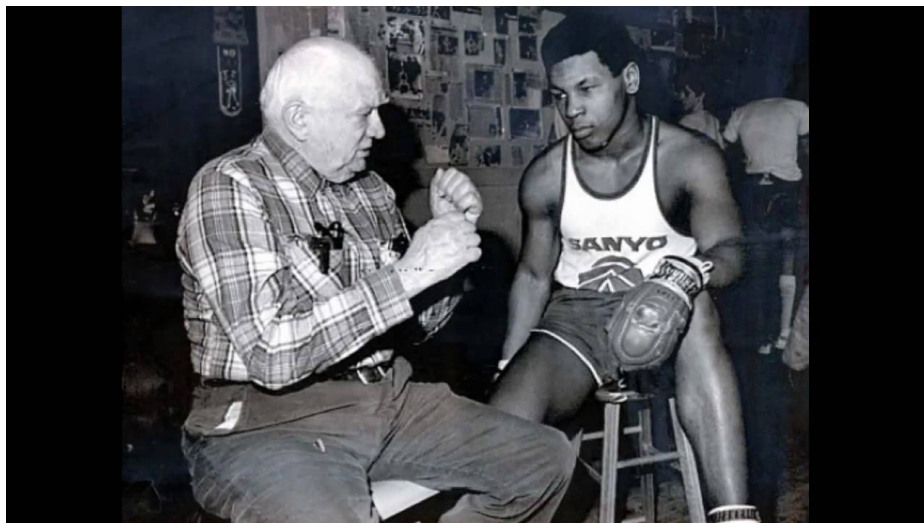


Boxing/Kickboxing Lesson Plan Template (90 minutes)



5 - 10 minutes: Warm-ups

- 1 - 2 minutes of light jogging
- Include various movements: zigzagging between bags, bear crawls, crab walks, ball passing, OR calisthenics: Push ups, sit ups, squats, mountain climbers, etc.
- Jump roping may be done instead of jogging: Tuesday, Thursday, Saturday, and Sunday

4 - 10 minutes: Stance and Movement Drill with Partner

- Basic Boxing/Muay Thai Stance
- If there are any new students start with basic stance and linear movement
- Lead-Follow Drill
- Introduce Circle Out, Pivots, and Open-Close Motion progressively
- Up to four two-minute rounds

5 - 15 minutes: Review Round (Intermediate/Advanced)

- Each client is asked to review the attacks, movements, or combos they have already learned
- This allows students to solidify their knowledge and instructors to check on the level of the class and differentiate groups
- If it is someone's first class, show basic movements or Jab

- Instructor/Assistant might choose to hold pads
- Up to three, three to four minute rounds

-----(*Water Break*)-----

10 - 15 minutes: Solo Drills (Differentiated learners)

- Each client is given something new to work on, OR asked to review what they have already drilled
- Instructor should remind all clients that the goal is smoothness, not speed
- Using the mirror and feedback from the instructor, clients should be able to slowly perform the new technique properly
- Instructor/Assistant might choose to hold pads

15 - 30 minutes: Attack and Defense Drills with Partner

- All students are shown defenses (from curriculum)
- 2 - 4 minute rounds for a fast-paced class. Each new round has either a new technique being drilled, or a new partner.
- New attacks, defenses, and movements (that are already known by the client) can be included between rounds
- This is a good opportunity for more experienced students to share their knowledge (decentralized learning)
- Instructor/Assistant might choose to partner with a client or hold pads
- Instructor can ask clients to hold pads for their partner

-----(*Water Break*)-----

(Optional) 10 - 20 minutes: Games/Situational Sparring/Free Sparring

- Give 2, Get 2: This is the standard segue into sparring. Each client takes turns giving two strikes, then receiving two strikes.
- Give 3, Get 3: Same as above with 3. Even experienced fighters should have at least one round of "Give and Get" to get their bearings and control before free sparring.

- Limited Weapon Sparring: Only Jabs, Only Lefts, Only Rights, Only Kicks, Only in a particular Stance, Etc.
- Evasion Drill: One partner is attacker, one is defender. The defender may not attack at all, only block and evade. Defender might be limited by a tire or a barrier.
- Cat/Mouse Drill: One person is attempting to pressure while the other is attempting to keep space
- Punch and Clutch Drill: One partner is attempting to get to clinch, the other is attempting to evade
- Push out Game: In this drill, both partners are attempting to put the other's back against the ropes or barrier.
- In-fighting/Tire Drill: Students stay in infighting range (glove to glove, foot inside the other person's stance) and cannot leave that range
- Karate Sparring: Students look to land one blow without being touched
 - Situational Sparring: Partners start from a very particular position. Goals can be limited to next advancement in position or another observable position or behavior.
- Games may be combined for variety
- Free Sparring: This is reserved for clients that can exhibit control while sparring and have completed up to the appropriate level. If a client is throwing dangerously hard punches or behaving recklessly, they will be asked to stop or only do limited sparring.
- **Generally, if one person is particularly larger or better at a given phase or range, force limits upon them.**

(Optional) 5 - 10 minutes: High Intensity Interval Circuit

- 30 second rounds with at least two exercises, and up to six
- Take care to order and scale exercises so that clients do not get injured

(Optional) 5 - 10 minutes: Cool down and stretch

- Dynamic, slow movements followed by simple static stretches, 30 second hold. Caution: Static stretches should NOT be done before the workout as it increases likelihood of injury.

“The art of teaching is the art of assisting discovery.”

- Mark VanDoren