



Lesson Plans

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretching	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
20 minutes	Kicking drills	Front kick Half turning kick One-for-one kicking	On the spot and moving Using paddles No contact	
10 minutes	Punching drills	Jab and Cross Middle and high section	Using focus mitts In stances, static or moving	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Front kick Half turning kick Side kick	On the spot and moving Using paddles	
10 minutes	Punching drills	Jab and Cross	Using focus mitts	
10 minutes	Self-defence awareness	Basic releases from hand and collar	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
20 minutes	Kicking drills	Front kick Half turning kick Both crescent kicks One-for-one kicking	On the spot and moving Using paddles No contact	
10 minutes	Punching drills Blocking drills	Jab and cross Low, middle and high	Using focus mitts	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
20 minutes	Kicking drills	Side kick Half turning kick Both crescent kicks	On the spot and moving Using paddles	
10 minutes	Punching drills Blocking drills	Low, middle and high One step punching	Punch to face, moving, defence and counter. No contact	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Side kick Front Both crescent kicks	On the spot and moving Using paddles	
10 minutes	Punching drills Blocking drills	One step punching	Punch to face, moving, defence and counter. No contact	
10 minutes	Self-defence awareness	Basic releases from hand and collar	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Side kick Half turning kick Axe kick	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	Hook punch combinations to head and body Low, middle and high	Using focus mitts	
10 minutes	Self-defence awareness	Basic releases from hand and collar	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches (lateral stretches, sitting stretches) Neck movement		
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
20 minutes	Kicking drills	Side kick Half turning kick Axe kick Both crescent kicks	Introduce different heights and increase intensity	
10 minutes	Punching drills	Hook punch combinations to head and body, 30-punch workout	Using focus mitts, all with movement of mitt to different position	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches, Lateral stretches,	Sitting stretches Neck movement	
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Front kick Side kick Half turning kick Axe kick Both crescent	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	One step punching Low, middle and high	Punch to face, moving, defence and counter. No contact made	
10 minutes	Self-defence awareness	Basic releases from grabs from behind	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches, Lateral stretches,	Sitting stretches Neck movement	
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Front kick Side kick Half turning kick Axe kick Both crescent	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	One step punching 30-punch workout	Punch to face, moving, defence and counter. No contact made. Two sets.	
10 minutes	Self-defence awareness	Scenarios from participants	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches, Lateral stretches,	Sitting stretches Neck movement	
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Side kick Half turning kick Both crescent	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	Punch combinations to head and body 30-punch workout One step sparring	Using focus mitts, all with movement of mitt to different position. Punch to face, moving, defence and counter, no contact.	
10 minutes	Self-defence awareness	Scenarios from participants	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches, Lateral stretches,	Sitting stretches Neck movement	
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Front kick Half turning kick Axe kick	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	One step punching Low, middle and high	Punch to face, moving, defence and counter, no contact.	
10 minutes	Self-defence awareness	Basic releases from hand and collar	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		

Goals	Develop techniques adapting to participants' performance abilities, whether new starters or already in programme. Develop self-defence awareness.		
Coaches		Venue	
		Date	
		Age Range	
Equipment required	Kicking paddles; focus mitts; kicking shield	Number in session	

Time	Action 1	Action 2	Action 3	Other
5 minutes	Welcome Outline the nature of training and the development towards achieving the whole 12-week course.	Attention, bow, and ready stance are incorporated into the general procedure of the lesson.		Risk assessment in place by venue management
15 minutes	Warm-up	Jumping on the spot Press-ups; sit-ups; squat thrusts Knee raises	Arm rotations; shoulder shrugs Hip rotation; knee rotation Single leg/double leg	
	Stretch	Stretches, Lateral stretches,	Sitting stretches Neck movement	
5 minutes	Stance positions	Back, long, horse-riding and walking	Incorporate in kicking, punching and blocking drills	
10 minutes	Kicking drills	Side kick Half turning kick Both crescent kicks	Introduce different heights and increase intensity	
10 minutes	Punching drills Blocking drills	30-punch workout Low, middle and high	Two sets	
10 minutes	Self-defence awareness	Basic releases from hand and collar	Working with a partner alternating after each technique	
5 minutes	Cool down; Q & A	Light stretch; feedback		