



7 to 9-year-old At-Home Training Lesson 7: SPEED

Section 1: Dynamic Warm-ups

- Arms: 1-arm push-ups for 10 reps - You will lift your body off the ground with one arm while keeping your body as perfectly aligned as possible and then lower your body back to the ground.
- Legs: Squat jump tucks for 10 reps - You jump as high as you can and grab your knees while in the air.
- Abs: Leg raises for 10 reps - You will raise and lower your legs non-stop within a 6-inch segment and without letting your feet touch the ground. Try to keep your feet together.
- Core: Crazy crabs for 10 reps - You will alternate tapping your shoulders while kicking with the opposite leg.

Assignment Overview

- Today you are going to work on SPEED.
- Here are the three SPEED tips that I want you to practice today:
 - Technical SPEED – optimum quality of your movements while maintain a maximum rate of motion.
 - Reactive SPEED – how quickly your brain can respond.
 - Explosive SPEED – non-stop, maximum motion of your body.

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

- Speedy kicks: Your partner will hold a kicking pad and a stopwatch. When your partner says “go” you will kick the target as many times as you can in ten seconds with one of the kicking techniques for your rank. Continue for three sets. Try to beat your time each set.
- Punch explosion: You will do a jab-cross-hook-uppercut combo five times as fast as you can.

Section 3: Dynamic stretches

- Hold half kneeling hamstring stretch for 10 seconds - Stand with your feet double shoulder width apart. Bend on knee while keeping the other straight.
- Windmill for 10 reps - Stand with both feet double shoulder width apart and hands out to the sides. Lean forward reaching with your left and try and touch your right foot without bending your knees. Stand back up and repeat to the other side.
- Stretch outside crescent kicks for 10 reps - Stand in a guarding stance. Swing your rear leg to perform an outside crescent kick. Focus on keeping your leg straight on each kick.
- Kneeling sideways leg swings 10 reps - Kneel with one knee on the floor and the other leg straight. You can use your hands for balance if needed. Swing your leg up and to the side without falling over.