



Description: *In this drill the students will practice kicking a target while blindfolded. This is great for teaching your students how to focus on technique without using their eyes.*

Steps:

1. Divide your students into lines with no more than four per line.
2. Show your students the proper way to do a front kick, including a chamber, execution, re-chamber, and return.
3. The first student in line will place a blindfold around their eyes and stand in the middle of a ring as shown in the picture.
4. The student will kick the target ten times, alternating legs on each kick. If the student steps out of the ring, or doesn't chamber properly for each kick, then he/ she must do ten jumping jacks.
5. The goal for this drill is to teach the student how to focus on their leg chambers while at the same time making it fun and challenging.
6. You can make it fun by having the instructor do ten jumping jacks if the student does all of the kicks correctly without stepping out of the ring.

Program: Future Kidz (5 and 6 yrs.)

Skill: Focus

Drill: Ninja kicks

Equipment needed: 1 blindfold, ring, and kicking target per line

Instructors needed: One per line



*Note: the student in this picture got to wear my black belt for the day for reading ten books in two weeks.



Program: Future Kidz (5 and 6 yrs.)

Skill: Focus with math

Drill: Math kicks

Equipment needed: One kicking target per line

Instructors needed: One per line

Description: *In this drill the students will solve a simple math problem and then kick the target equal to the sum of the math problem. This is a great way to teach your students math!*

Steps:

1. Divide your students into several lines with no more than four to a line.
2. The first student in line will have to solve a simple math problem. For example: What is $2 + 2$? Stick with math problems that only include numbers 1 – 5.
3. Many of your younger students will have a hard time figuring them out, so show them how to use their fingers to add.
4. Once they solve the problem, have them kick the target equal to the sum of the math problem.
5. Continue until each student has at least three turns.
6. You can add variety by changing the technique to a different kick, strike, or even block.





Program: Future Kidz (5 and 6 yrs.)

Skill: Focus

Drill: Punching in order

Equipment needed: None

Instructors needed: One per group

Description: *In this drill the students will learn how to count in order, backwards, with even numbers, and with odd numbers. This is a great drill to help your students practice their math skills while practicing their Martial Arts moves.*

Steps:

1. Divide your class into several groups with no more than four per group. Have each group form a circle.
2. Begin the first round, by having the students punch and count in order around the circle. For example: the first student punches and says "1," second student punches and says "2," and so forth all the way around the circle and up to the number "10."
3. On the second round begin with the number "10" and work your way backwards.
4. On the third round use even numbers: 2, 4, 6, 8, and 10. The younger students may not know how to count even numbers, so help them out so that they learn.
5. On the fourth round use odd numbers: 1, 3, 5, and 9.
6. You can add variety by changing the strike to a different strike, block, or kick.

