



Description: *In this drill the students will test their agility by challenging the instructor to a game of pad tag by kicking the target while the instructor tries to move the target out of the way.*

Steps:

1. Divide your students into several lines with no more than five per line.
2. The first student in line will stand in guarding stance, and when they are ready they will try to kick the target before the instructor moves it out of the way.
3. The instructor cannot move the target before the student even kicks. If the instructor moves the target before the student even kicks, then the instructor has to do five jumping jacks.
4. To make it fun, the student can try and flinch to make the instructor move the target.
5. If the student misses the target, then he has to do five jumping jacks.
6. Each student gets four kicks per turn.
7. Continue until each student has at least two turns.
8. You can add variety by changing the kick.

Program: Karate Kidz Zone Prep Course (7 to 9 yrs.)

Skill: Agility

Drill: Pad tag challenge

Equipment needed: One kicking target per line

Instructors needed: One per line





Program: Karate Kidz Zone Prep Course (7 to 9 yrs.)

Skill: Agility

Drill: Step behind side kicks

Equipment needed: Two slammer pads per group

Instructors needed: Two per group

Description: *In this drill the students will practice stepping behind their kicking leg when executing power side-kicks on both sides. This is a great drill for building both agility and power.*

Steps:

1. Divide your students into several groups. Demonstrate the proper way to step behind your kicking leg when executing power side-kicks.
2. Pick one student from each group to go first. Set up one instructor on each side of the slammer pad as shown in the picture.
3. The student will practice stepping behind their kicking leg and side kick the target as hard as possible, but then they must re-chamber their kicking leg and place it behind their next kicking leg and so forth until they kick each target four times.
4. For every time they do not step behind their kicking leg, they must do five jumping jacks.
5. This is a challenging drill for some because they will step behind their kicking leg on the first kick, but some tend to lose balance and agility once they strike the target and that's when they make mistakes.





Description: *In this drill the students will practice utilizing their pivot foot when round kicking by kicking in multiple directions without stepping outside of a small ring.*

Steps:

1. Divide your students into several groups. Demonstrate the proper way to rotate your pivot foot when round kicking in different directions.
2. Set up each group with four holders and a kicking ring as shown in the picture. If you don't have enough instructors to hold the targets, you can have the students from each group help.
3. Pick one student to go first. The student must kick all four targets with a round kick, without putting his foot down and without stepping out of the ring.
4. Every time the student puts his foot down or steps out of the ring, then he must do ten jumping jacks.
5. Continue until each student has at turn.
6. On the second round you can make it challenging by seeing how many times around they can round kick the pads without stepping outside of the ring or put their foot down.

Program: Karate Kidz Zone Prep (7 to 9 yrs.)

Skill: Agility

Drill: Around the world round kicks

Equipment needed: Four kicking targets and one small ring per group

Instructors needed: Four per group

