

WhatsApp 07956 913 437 MJ Movers Work OUT

Tool: Focus Pad and boxing gloves

Begin: Running to increase body temperature and heart rate.

1. 30 cross punches
2. 30 elbow strikes
3. 30 knee strikes
4. 30 front snap kicks
5. 30 round house kicks
6. 30 side edge kicks
7. 30 back kicks

Stretching exercises

13 Steps Shaolin boxing

Hachiman war dance

All karate katas

Syllabus training

Sparring with boxing- Karate- Tai Chi and partner self defence

Ball games, throwing, catching and dodging the ball