

Youth 4 Week “Back to School” Focus Course Outline

✓	OUTLINE	TOPICS	
WEEK 1			
	Checking in	Attendance Tracking & Facility Tour	Assignment Deadline; <u>7days from start date</u> Date Completed; _____ Reviewed by Parent; _____ Instructor Grade; _____
	Etiquette	Bowing & Mat rules	
	The Academy Online	The Lounge, Learning Center & Virtual Academy	
	Who are your Instructors	Leadership Team Introduction	
	Focus Course Mat Chat & Assignment	Mat Chat; What is Focus? Where should you focus? Why is it an important Life skill? Assignment; Please type on a word document the definition of focus and where you should focus. This should be done by you first, then review with parent.	
	Warming up & Warm up Stretches	Joint warm up Body warm up Warm up stretches/alternatives	
	Kung Fu Techniques	3 Rules of Concentration; “I will focus my eyes, mind & body” 3 Black Belt Focused Positions Jab punch Ready & Guard stances Cross punch Self-defense stance Front kick	
	“Hitting Stuff”	Heavy Bag Training - how to safely & effectively workout with a heavy bag Line Drills	
WEEK 2			
	Kung Fu	A brief outline	Assignment Deadline; <u>14 days from start date</u> Date Completed; _____ Reviewed by Parent; _____ Instructor Grade; _____
	Missing Classes	Make up class & Private lessons	
	Focus Course Mat Chat & Assignment	Mat Chat; where d you need to improve your focus? How are you going to improve your focus? What are you willing to do? Assignment; Review check list with parent of where you need to improve your focus. Review action plan of how you will improve your focus with parents, include Diet and Exercise plan- What do you eat for breakfast, lunch and dinner, and what does your exercise consist of.	
	Kung Fu Techniques	Review last weeks lessons & “I can, I must, I will!” High and Low blocks Core Strengthening & Push ups	
	“Hitting Stuff”	Focus Mitt/Paddle Training - how to safely & effectively workout with a partner & training targets Line drills	

Focus Course Outline CONT.

✓	OUTLINE	TOPICS	
WEEK 3			
	Goal Setting System & Belt Advancement	Success Cycle Progress stripes Belt Tests & Promotion What is a Black Belt?	Assignment Deadline;
	Focus Course Mat Chat & Assignment	Mat Chat - What is a vision boards? Who are some famous people who are good role models with excellent focus. Assignment - Vision Board Assignment – Make a vision board of famous people and role models who have excellent focus.	<u>21 days from start date</u> Date Completed;
	Kung Fu Techniques	Review last weeks lessons Palm Strike Elbow strike Knee strike Portal of Safety drill (<i>self-defense training</i>)	Reviewed by Parent;
	“Hitting Stuff”	Shield Training & Line drills - how to safely & effectively apply & workout using self-defense drills & techniques	Instructor Grade;
	Cool Down Stretches	Seated stretching 5 Rules of stretching	
WEEK 4			
	Questions	Concerns & questions What’s next?	Assignment Deadline;
	Focus Course Mat Chat & Assignment	Mat Chat; We will review your progress from Week 1 with your Parent(s) to see if you achieved your first Belt To End Class; White Belt Promotion Ceremony	<u>28 days from start date</u> Date Completed;
	Kung Fu Techniques	Review last weeks lessons Foot work; shuffle, side steps, stance change Jab, cross, bob & weave	Reviewed by Parent;
	“Hitting Stuff”	Focus Mitt/Paddle Training - how to safely & effectively workout with a partner & training targets Line drills	Instructor Grade;
	Promotion	White Belt Promotion - based on attendance, effort & attitude	

Parents and Students Notes:

If you as the parent are not satisfied with task do not approve or list a date

Please email all assignments to sifutom@greatwayma.ca

If you have any questions please do not hesitate to ask