

Class # 5 Esquiva lateral and Armada

Training program:

Note: the step progression in the training program may differ from the progression in the lecture. The purpose of the lecture is to understand the movements, the purpose of the training program is to implement that understanding. First watch the lecture then go through the training progression.

Warm up general body warmup and stretching, focus on back and lower body **(5 min)**

Step # 1 esquiva pra tras from paralela

Pointers:

- Knees bent, hips low.
- Chest towards quads.
- When defending from side to side also move up and down.

(20 reps, 10 each side, approximately 2 min.)

Step # 2 3 ginga into esquiva lateral to close side.

Pointers:

- Shift your weight and your head towards the direction of your front leg. Once you executed the defence continue the ginga towards the direction you were heading prior to the defence.

- **(20 reps, 10 each side, approximately 4 min)**

Step # 3 3 ginga into esquiva lateral to the far side of ginga.

Pointers:

- From the ginga step into paralela and cross over into the esquiva lateral to the far side of the ginga.
- Return to the ginga into the side you were coming from. (brake direction, as demonstrated in lecture.)

(20 reps each side, approximately 4 min)

Step # 4 3 ginga into entrada

Pointers:

- From ginga step into entrada (don't forget to maintain flow of direction as discussed in class # 2)
- Once you performed the entrada step your back leg forward into paralela and then into ginga. (20 reps, 10 each side, approximately 2 min)

Step # 5 Armada slow

Pointers:

- Begin with ginga step into the entrada from there continue to the armada.
- Do not release the kick until head, hands, torso and hips are completely turned.
- Focus on hand feet coordination in order to maintain balance.
(10 reps, 5 each side, approximately 3 min)

Step #6 Armada with power.

Pointers:

- **You control the kick, the kick does not control you.**
(10 reps, 5 each side, approximately 3 min)