

Class # 6 combinations

Training program:

Note: the step progression in the training program differs 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- full body (5 min)

Step # 1 slow kick sequence.

Pointers:

- Land the meia lua de frente where the half moon motion has ended.
- Focus on hand foot coordination during this step.

(14 reps, 7 each side, approximately 5 min)

Step # 2 Kick sequence with power.

Pointers:

- Start at 60% power and accelerate each rep.
- Do not neglect technique for the sake of speed.

(14 reps, 7 each side, approximately 4 min)

Step # 3 freestyle combination

For 2 minutes use all 4 kicks learned consecutively moving from one kick to another with no ginga in between, changing up the order of the kicks.

Pointer:

- The queixada kick will always change the direction of the kicks.

(2 min exactly)

Step # 4 4 defences in a row slowly.

(14 reps, 7 each side, approximately 4 min)

Step # 5 4 defences in a row, fluently.

Pointer:

- Try and think of these 4 defences as long one fluent movement.

(10 reps, 5 each side, approximately 3 min)