Little Dragon (6 & 7 year old) Training

Objective: Try to complete the entire list in one session. If able to do so, then time yourself to see if you are able to do it faster the next day.

* Attention Stance (standing still) – 30 seconds
* Jumping Jacks – 10 times
* Squats – 10 times
* Squat Jumps – 10 times
* Burpees – 10 times
* Jogging on the spot for 30 seconds
* Rest/Water Break
* Punching (alternating) while standing – 10 times
* Punching (alternating) while standing **FASTER** – 10 times
* Punching (alternating) in horse riding stance – 10 times
* Punching (alternating) in horse riding stance **FASTER** – 10 times
* Punching (alternating) in long stance – 10 times
* Punching (alternating) in long stance (other side) – 10 times
* Punching (alternating) in long stance **FASTER** – 10 times
* Punching (alternating) in long stance (other side) **FASTER** – 10 times
* Rest/Water Break
* Guarding Stance – change stance 20 times with 1 second pause in between
* Guarding Stance: Right leg Front Kick – 10 times
* Guarding Stance: Left leg Front Kick – 10 times
* Guarding Stance: Right leg Stretch High Kick – 10 times
* Guarding Stance: Left leg Stretch High Kick – 10 times
* Rest/Water Break
* Guarding Stance: Right leg Crescent Kick – 10 times
* Guarding Stance: Left leg Crescent Kick – 10 times
* Guarding Stance: Right leg Turn Kick – 10 times
* Guarding Stance: Left leg Turn Kick – 10 times
* Jogging on the spot for 30 seconds
* Rest/Water Break
* Front Kicks (alternating) with hands up **FAST** – 20 times
* Stretch High Kicks (alternating) with hands up **FAST** – 20 times
* Jogging on the spot for 30 seconds
* Jumping Jacks – 10 times
* Knees Up – 10 times
* Rest/Water Break
* Sit Up – 10 times
* Push Up – 10 times
* Burpees – 10 times
* Splits – 30 seconds
* Attention Stance (standing still) – 30 seconds

CONGRATULATIONS!! All Done 😊 GREAT JOB!!