

# Juniors Q2 Week 1 - Tuesday 31st March

<b>Warm Up</b>	Four Corners - four exercises
<b>Linework</b>	Training with limited space
<b>Basics -&gt; TKD</b>	What's the difference from beginner -> exp? Proper start positions!
<b>High-side start pos</b>	<b>Practice these at least 10x each side</b> <b>Step forward if you can, otherwise on the spot</b>  Blocks:       Low, High, Rising Strikes:       Knifehand, Backfist - front
<b>Mid-side start pos</b>	Middle block, Backfist to the side
<b>Star Block</b>	with proper start positions
<b>Striking Tools:</b>	Parts of the hand we strike with? <i>- Punch, Palm, Knife, Ridge, Spear, Elbow</i>
<b>Practice</b>	<b>Your start positions!</b> High Middle  Try the apex workout from the weekend!
<b>Next class:</b>	Some kickboxing combinations Chamber / Leg strength drills Self defence ideas
<b>Don't forget:</b>	Check in to let me know you've done the class!  Send me some feedback & questions  Do the bonus Apex workout!