

****Creating the "heart" of the class**:**

On a separate sheet of paper, create 6 columns, numbered from 2 to 7. Before writing out the plan for a class, think of bag combinations in terms of numbers. Each combination that involves two punches or kicks will go in column numbered 2 (ex. Jab-cross). Same goes for column number 3 (ex. Jab-cross-hook), all the way up to column numbered 5 (ex. Hook-hook-jab-cross-front kick). Then, column numbered 6 will be a list of cardio-focused movements (ex. Ski-switches). Finally, column numbered 7 will be a list of strengthening exercises (ex. Lunges). You can keep adding to each of these columns as you think of more possible combinations to use in a class!

Once you have your lists to work with, think of putting together **bag combinations** from columns 2-5 with **exercises** from 6 and 7 in units of three or four. This will help you plan out an entire 60 min class. For instance, starting out after your first 15 min of warm-up, follow the pattern 2-2-6. This means you take a combination from your 2 column, then another one, and finally an exercise from your 6 column. (ex. Jab-cross, then a Hook-hook, then ski-switches). As the class goes on, you can incorporate longer bag combinations and follow patterns such as 3-4-5-7 (ex. Jab-cross-front kick, then Jab-cross-hook-hook, then Jab-cross-hook-hook-front kick, then push-ups). The possibilities are endless.

Timing:

- each drill should be roughly 30 sec to 2 min in length
- be willing and able to shorten or lengthen drills depending on how the class is doing as a whole
- have an extra 15 min of drills planned in case you have extra time

B.A.M. (Basic Advanced Motivation)

- during a drill, you should focus on the **basics** (giving instructions about form), **advanced** (then giving some more advanced tips), and finally **motivation** (getting the class focused and determined to push themselves)

Modifying and making combinations interesting:

- think about: **SPEED, DISTANCE, POWER, and LEVELS**

And finally, remember, if you make your class fun, people will come back! ALWAYS tell them that they had a great class and did a fantastic job! Classes should be fun, safe, and effective!