

CKO Instructor Training

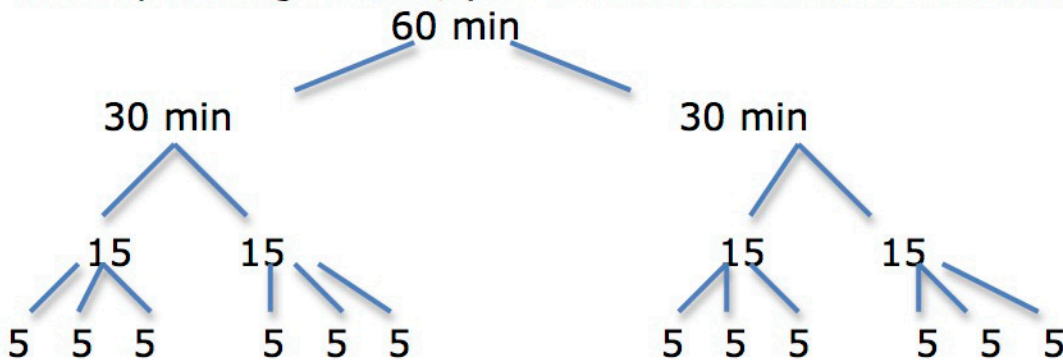
Name _____

Giving an orientation to new student before class:

- introduce yourself, be friendly, ask the person "Why are you here?"
- be confident (remember, YOU are the teacher) and model the basic punches and kicks on a bag; person should be on a bag next to you
- remember: orientation is person's first impression; he/she may be nervous, and it's your job to be assertive and positive
- go over: jab, cross, hook, uppercut, front kick, roundhouse

Creating a 60-min class:

- when planning a class, you need to first break it down into time intervals:



-1st 15 min chunk:

- 5 min **warmup** (increase heart rate)
 - ex. High knees, butt kickers, etc.
- 5 min **shadowboxing** (practice form)
 - ex. Jab-cross in air, push-off round houses
- 5 min "**flowing stretch**" (connects to other movements in class)
 - ex. Squat down, to push up, to downward facing dog, to cobra
- note: *don't push class too far right away*

-2nd and 3rd 15 min chunks:

- for majority of rest of class, create 5 min intervals of **mix of bag combinations** (ex. punches and kicks), **cardio-focused movements** (ex. Jumping jacks), and **strengthening exercises** (off the bag, ex. Push-ups) ****for method on creating this, see next page****

-4th 15 min chunk:

- some flexibility in how much time is spent for core and stretching at end, depending on how much core was built into the class