

# WE TRAIN TO WIN

## WEEK 6 // CHALLENGE WEEK

### WARM UP

- Line: Warm-Up Run // Sliding Forward // Sliding Forward, Reverse Punch // Shield Jumps // Shield Jump, Reverse Punch // Crab Crawl
- Ground: Backfall, Stand-Up // Backfall, Side Kick, Stand-Up

### POWER STRETCH

### FUNDAMENTAL KICK SET

- 1- L Push – R Push
- 2- L Round – R Round
- 3- L Side Kick – R Side Kick
- 4- L Back – R Back
- 5- Knees

### COMBAT SPRINTS (OPTIONAL)

- PushUps + Jab/Cross

### PUSH // GRAB FROM STRAIGHT PUNCHES

- Step & Pivot, Parry – Parry and Round Kick
- Step & Pivot, Reinforce Hit and Round Kick

## WEEK 11 // POWER WEEK

### WARM UP

- Line: Warm-Up Run // Shuffle Forward
- Jump: Side-Side (jump rope lines)
- High Kicks Challenge: Round Kick (over jump rope)
- Bob & Weave (under jump rope): In-place // add Upper-Cuts // Advancing, Upper-Cuts

### PARTNER STRETCH : WALL

### REVIEW ALL & GET READY FOR GRADUATION

- Defense Set
- Strike Set
- Kick Set
- Counter Set

### COMBAT SPRINTS (OPTIONAL)

- PushUps + Uppercuts

### BULLY DEFENSE COMBINATIONS 1-6

- Wild Swing Defense
- Technical Standup (Push- Back Fall)
- Push/Grab Defense
- Ground Shield & Drop
- Mount Defense (ground)
- Leg Drop

## WEEK 12 // CHALLENGE & GRADUATION WEEK

### WARM UP

- Line: Warm-Up Run // Sliding Forward
- Jump: Zig-Zag (jump rope line)
- High Kick Contest (over jump rope): Side Kicks
- Bob & Weave (under jump rope)
- Timing: Slide through Jump Rope

### COMBAT SPRINTS (OPTIONAL)

- PushUps + Uppercuts

### STREET TEST! BULLY DEFENSE COMBINATIONS 1-6

- Wild Swing Defense
- Push Technical Standup
- Grab Defense
- Ground Shield & Drop
- Mount Defense (ground)
- Leg Drops

-- or --

### GRADUATION EXPERIENCE

- Stacked Speed Test + Combat Sprints
- Students Perform all 6 Bully Defense Combinations
- Choose: On Pads, On Bags or With Partners
- End with Combat Sprints: 2-Minute Total Techniques
- Award Best Performances & Fastest Times Combat Sprints
- Review Coaches Huddle Discussions
- Take Photos of Everyone & Post

### BULLY DEFENSE COMBINATIONS RECAP

#### WILD PUNCH DEFENSE

- Body Shield : Cover Blocks taking hit
- Cover Cover, Palm Palm, Push Kick

#### GROUND/TECHNICAL STAND UP

- Back fall, push kick, Technical standup (kicks)

#### PUSH // GRAB FROM STRAIGHT PUNCHES

- Step & Pivot, Parry – Parry and Round Kick
- Step & Pivot, Reinforce Hit and Round Kick

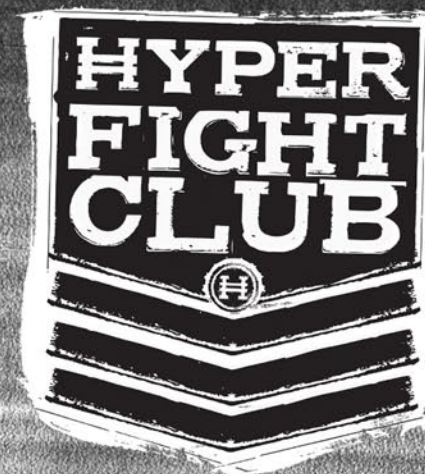
#### GROUND SHIELD & DROP

- Turtle shield, grab legs, push them down and get up.

#### LEG DROP (OFFENSE)

- Round Kick, Push

# HYPER BULLY DEFENSE



BULLY DEFENSE SEASON



## WEEK 1 // BULLY DEFENSE

### WARM UP: LINE DRILLS

- Line: Warm-Up Run // Forward Slide // Forward Jumping Jacks // Backwards Jumping Jacks // Knee Up, Hop // Bear Crawl
- Ground: Forward Roll (+ partner push) // Forward Roll, turn, Front Kick

### POWER STRETCH

### FUNDAMENTAL DISTANCE DRILLS

- Front Back, Sides – square
- Step & Pivot

### FUNDAMENTAL DEFENSE SET : BODY SHIELD

- Cover Cover - Parry Parry
- Slip Slip - Bob Weave
- Leg Leg (checks)

### COMBAT SPRINT

Any Punches + Pushups

### WILD PUNCH DEFENSE

Body Shield : Cover Blocks taking hit  
Cover Cover, Palm Palm, Push Kick

## WEEK 2 // BULLY DEFENSE

### WARM UP: JUMP ROPE

- Forward Spin, Reverse Spin, Figure 8 spin each hand, figure 8 both hands
- Skip rope, side to side, front/back, Hyper H
- Tricks: crisscross rope // Trick: backwards
- Form 1: side spins, figure 8, skip, side to side, front/back, Hyper H, crisscross, back side spins, back figure 8, skip backwards

### SITTING STRETCH

### FUNDAMENTAL DISTANCE DRILLS

- Font Back, Sides – square
- Step & Pivot

### FUNDAMENTAL DEFENSE SET : BODY SHIELD

- Cover Cover - Parry Parry
- Slip Slip - Bob Weave
- Leg Leg (checks)

### COMBAT SPRINT

Jab, Cross + Sit ups

### WILD PUNCH DEFENSE

Body Shield : Cover Blocks taking hit  
Cover Cover, Palm Palm, Push Kick

## WEEK 3 // BULLY DEFENSE

### WARM UP: LINE DRILLS

- Line: Warm-Up Run // Shuffle, Hip-Twist // Shuffle, Hip-Twist, Reverse Cross // Shuffle, Jab // Knee (distance) // Side Kick (distance)
- Ground: Backfall, Low Kick, Stand Up

### SWING STRETCH

### FUNDAMENTAL STRIKE SET

- 1- Jab Cross
- 2- Hook Hook Head
- 3- Upper cut – Upper cut
- 4- Lead Elbow, Rear Elbow

### COMBAT SPRINTS

Push Kicks + Lunges

### GROUND/TECHNICAL STAND UP

Back fall, push kick, Technical standup (kicks)

## WEEK 4 // BULLY DEFENSE

### WARM UP: PARTNER PLYOMETRIC

- Run: Warm-Up // Heels Up // Arms Circles Forwards & Backwards // Hip-Twists // In-Outs (+ Squats)
- Jump: Side-Side // Punch // Combo (Side to Side + Punch)
- Tires: Round Chamber // Round Kick
- Bob & Weave // Bob & Weave + Jump

### PARTNER STRETCH: SITTING

### FUNDAMENTAL STRIKE SET

- 1- Jab Cross
- 2- Hook Hook Head
- 3- Upper cut – Upper cut
- 4- Lead Elbow, Rear Elbow

### COMBAT SPRINTS

Push Kicks + Lunges

### GROUND/TECHNICAL STAND UP

Back fall, push kick, Technical standup (kicks)

## WEEK 5 // BULLY DEFENSE

### WARM UP: LINE DRILLS

- Line: Warm-Up Run // Forward Shuffle // Triple Switch, Forward Shuffle // Criss-Cross Forwards // Criss-Cross Backwards // Chamber & Slide (distance) // Chamber, Slide & Kick (distance)
- Ground: Forward Roll (+ add punch)

### PARTNER STRETCH: WALL

### FUNDAMENTAL KICK SET

- 1- L Push – R Push
- 2- L Round – R Round
- 3- L Side Kick – R Side Kick
- 4- L Back – R Back
- 5- Knees

### COMBAT SPRINT

Side Kicks + Side Squats

### PUSH // GRAB FROM STRAIGHT PUNCHES

- Step & Pivot, Parry – Parry and Round Kick
- Step & Pivot, Reinforce Hit and Round Kick

## WEEK 7 // BULLY DEFENSE

### WARM UP: JUMP ROPE

- Forward Spin // Reverse Spin // Figure 8 spin each hand // Figure 8 both hands
- Run // Forward // Jump Back
- One Foot Hops: Front, Back, Left, Right
- Tricks: Front-Back Shuffles // Criss-Cross Feet // Double-Unders
- Form 2: Side Spins, Figure 8, Skip, Run Forward, Jump Back, One Foot Hops, Front-Back Shuffles, Criss-Cross Feet, Double-Unders

### SITTING STRETCH

### FUNDAMENTAL COUNTER SET

- Cover Cover: (wild swings) Jab, Cross
- Parry Parry: Cross, Hook - Bob Weave : Hook Cross
- Slip Slip: Hook Cross - Body Covers : Upper Cuts

### COMBAT SPRINT

Knee Strikes + Bicycle Elbows

### GROUND SHIELD & DROP

Turtle shield, grab legs, push them down and get up.

### MOUNT DEFENSE (THE WORSE POSITION)

Cover Blocks - Hit stomach, thrust hips take out arm, roll over, get away

## WEEK 8 // BULLY DEFENSE

### WARM UP: LINE DRILLS

- Line: Warm-Up Run // Forward Sliding // Around Cones Sliding // Sliding, Front Knee // Sliding, Front Knee, Reverse Punch // Sliding, Rear Knee // Sliding, Rear Push Kick
- Ground: Backfall, Round Kick, Stand-up

### SWING STRETCH

### FUNDAMENTAL COUNTER SET

- Cover Cover: (wild swings) Jab, Cross
- Parry Parry: Cross, Hook - Slip Slip: Hook Cross
- Bob Weave : Hook Cross - Body Covers : Upper Cuts

### COMBAT SPRINT

Knee Strikes + Alternating Lunges

### GROUND SHIELD & DROP

Turtle shield, grab legs, push them down and get up.

### MOUNT DEFENSE

(THE WORSE POSITION) Cover Blocks- Hit stomach, thrust hips take out arm, roll over, get away

## WEEK 9 // BULLY DEFENSE

### WARM UP: PARTNER PLYOMETRIC

- Line: Run in Place // Heels Up // Criss-Cross Arms // Front-Back Shuffles (+ Lunge)
- Jump: Front-Back (+ distance) // Two Step Punch // Combo (Front-Back + Two Step Punch)
- Shuffle: Knee Hop // Front Kick
- Bob & Weave

### PARTNER STRETCH: SITTING

### FUNDAMENTAL COUNTER SET

- Cover Cover: Jab Cross
- Slip Slip: Hook Cross
- Bob Weave: Hook Cross
- Body Covers: Upper Cuts

### COMBAT SPRINT

Hook Punches + Wide Pushups

### LEG DROP (OFFENSE)

Round Kick, Push

## WEEK 10 // BULLY DEFENSE

### WARM UP

- Line: Warm-Up Run // Sliding Forward // Jumping Jacks Forwards // Jumping Jacks Backwards // Pad/Cone Hops // Leap Frog
- Team: Wheelbarrows (+ Push-ups)

### POWER STRETCH

### FUNDAMENTAL COUNTER SET

- Cover Cover: Jab Cross
- Slip Slip: Hook Cross
- Bob Weave: Hook Cross
- Body Covers: Upper Cuts

### COMBAT SPRINT

L-R Hook Punches + Side Plank Twists

### LEG DROP (OFFENSE)

Round Kick, Push

## COACHES NOTES

COMBAT GAMES, SPAR WARS, TEAM BATTLES (BAGS//PADS)  
2 points for coming // 1-3 point for each challenge someone wins

### BAGS OR PADS FIGHTERS CHALLENGE

1. First one to finish combo wins
2. First one to finish combo 3 times wins
3. First line to go all the way through the line (2 bags)
4. Fighters in front of bag, Say go: First one to finish scores 1 point
5. Call any combination you have to do the right one first
6. Team Challenge: Call numbers, run to the middle hit bag run back
7. Point Sparring Challenges

## ROCK YOUR CLASSES!

- Smile and Have Fun
- Look Sharp: Hair + Smell + Uniform- Drills
- Add Skills : Explain the Benefits
- Change Drills Often
- Inspire Amazing Fight Athletes



# WE TRAIN TO WIN

## WEEK 9 // BULLY DEFENSE

### BULLY SESSION: WHAT IS A BULLY?

The 2 Types of Bullies: Bully Others and Get Bullied & Bully Others

If you are a bully what happens?

Bullies are more likely to get into fights, vandalize property, and drop out of school.

Bullies have a higher risk of abusing alcohol and drugs in adolescence and as adults.

Are more likely to have criminal convictions and traffic citations as adults.

### IMPORTANT STATISTICS

By age 24, 60% of bullies have been charged with a crime

40% of them had 3 or more convictions

What happens when you drop out of school?

What happens if you have criminal convictions?

## WEEK 10 // RESPECT SESSION

### WHO ARE THE 3 MOST PEOPLE TO RESPECT?

- 1: Yourself: Be your best and live your best life.
2. Your Family & Friends: The people who take care of you.
3. Your Teachers: Respect knowledge it's the leverage to anything you want in life.

## WEEK 11 // BULLY DEFENSE

### BULLY SESSION: REPORTING

Report an incident, don't tattle. Tattling is trying to get someone in trouble. Telling/Reporting is when you are trying to protect someone.

Here are tips for reporting an incident.

1. You were in fear of being seriously hurt.
2. You tell the attacker you do not want to fight.
3. They threw the first attack, they said they were going to fight/hurt you.
4. You defended the attack and you used the minimum amount of force to protect yourself.
5. You stopped defending yourself as soon as you felt safe from the situation.
6. You went straight to a teacher, authority or dialed 911

## WEEK 12 // GRADUATION HYPER FIGHT CLUB SEASON REVIEW

### HOW CAN WE END BULLYING IN OUR COMMUNITIES?

- Build A Team & Apply These 10 Strategies to Your Life
- Make a Pact With Friends to Watch Out for Bullying & Help Each Other
- Make Friends With People Who are Shy or Being Bullied
- Invite Someone Who is Shy or Being Bullied to Hangout or Have Lunch
- Pick Someone Who is Shy or Being Bullied to Be A Part of Your Team
- Have Your Friends Become Friends With People Who are Shy or Being Bullied
- Tell Bullies to STOP Making Fun of Someone
- Grab the Arm of Someone Who is Being Bullied & Pull Them Away
- Make Friends With Everyone that Has a Disability
- Online: Be Positive and Like Peoples Pictures & Posts
- Online: Leave Encouraging Comments & Messages for People
- Online: Friend People that Might Not Be Popular

# COACHES HUDDLE



## THE COACHES HUDDLE INSPIRES & EDUCATES ATHLETES IN 4 WAYS.

- TEACH A NEW LESSON EACH WEEK.
- USE THE LAST 5 MINUTES OF CLASS TO INSPIRE & EDUCATE YOUR ATHLETES.
- WRITE THE LESSON THEME ON THE HYPER FIGHT CLUB BOARD
- REVIEW ALL LESSONS AT GRADUATION

**BULLY DEFENSE: TEACH THE ATHLETES HOW TO TEAM UP & END BULLYING IN THEIR LIFE.**



**BULLY DEFENSE SEASON**



**WEEK 1 // BULLY DEFENSE**

- More than 25 million families are currently traumatized by bullying in the U.S..
- 1 out of 4 kids are bullied. Every 7 minutes a child is bullied.
- Due to bullying, 160,000 students miss school each day. 86% of children report bullying has interfered with their studies

**3 Choices on Handling Bullying: Lets Get Real**

- 1: Nothing, ignore it, let people bother you, and suffer from bullying.
- 2: Run away from it over and over. Bullies take your life away.
- 3: End it through learning how to stop it. Avoid fighting when possible. : Live Your Life!

How do we Train? We Train to Win!

**WEEK 2 // BULLY DEFENSE****THE 3 WAYS TO BEAT BULLYING**

Spirit - Mind - Body

Spirit: Believe in yourself. No one had the right to takes your spirit. Live Your Life!  
Mind: Educate your self and outsmart your opponent.  
Body: Get strong, become a sport-fighting athlete.

Your dreams and goals are too important for anyone to stop you.  
Say it- No one can take my spirit away from me.

**WEEK 3 // BULLY DEFENSE****STATS**

- 80% of Bullying is Verbal and About 20% Physical
- Verbal bullying can be more devastating over time. A bruise goes away or even getting a black eye will heal but constantly being made fun of has long-term effects.
- Who do bullies target? Unconfident and shy people. People with disabilities.
- Make it too hard and too much work to bully you!

**4 Types of Bullying**

- Physical: This traditional form of bullying involves acts of intending physical harm. Hitting/Striking, Pushing/Shoving, Grabbing, Knocking Down/Tripping
- Verbal: Name-calling and or teasing.
- Social/Emotional: Spreading rumors, intentionally leaving others out of activities on purpose, breaking up friendships.
- Cyber: This method of bullying involves using the Internet, texting, email and other digital technologies to threaten and harm others.

**WEEK 4 // BULLY DEFENSE****VERBAL: 6 POWER PHRASES TO END BULLYING (PART 1)**

1. No one can take my spirit from me - Ignore it
2. Ya, I have heard that before.. - Take their power away // Ignore it
3. Don't say that to me anymore.. - Stand up
4. Are you trying to make fun of me.. - Find out if they are trying to bully you

\* Bullies need power, don't give power to what they say or to them

**Practice:**

\*Practice name-calling and verbally responding. [Optional]

Ending: You are unique you are special and embrace it. Why would you want to be like someone else? It is way better to be a great 'you' than a bad copy of someone else.

**WEEK 5 // BULLY DEFENSE****VERBAL DEFENSE TRAINING 2: WHAT IS HARASSING, NAME CALLING AND THREATENING?****When Bullying Continues:**

- Report to 3 People: Teacher, Parents and Principal (Can tell friends and the bullies parents)
- It's the Law of School: Provide a safe place for education.

**Verbal: 6 Power Phrases to End Bullying (Part 2)**

5. Are you saying you want to fight me? Get a Yes or No Answer
6. I'm not scared of you? Win Mentally // Take Time // They want you to be afraid

**WEEK 6 // BULLY DEFENSE****RESPECT SESSION : RESPECT TO PROTECT**

It's not about Fighting, it's about Self Defense

**RESPECT:** Never try to hurt someone beyond protecting yourself

**WEEK 7 // BULLY DEFENSE****4 MAIN STAGES OF BULLYING**

- 1- Say something, or online to you // You ignore it
- 2- You confront them tell them to stop
- 3- They do it again, so you report it and they have been told to stop by everyone
- 4- They do it again or want to fight. Has to end someway

**ZERO TOLERANCE**

No Drugs - No Weapons - No Fighting

**SELF DEFENSE VS FIGHTING : PARENT TALK**

There is a difference between fighting and protecting yourself. Fighting is bad, Defending yourself is important. Talk to your parents about defending yourself.

**YOUR RIGHTS + CIVIL LAWS**

You have the right to attend a safe school. Report incidents that are unsafe.

Peer harassment based on race, color, national origin, sex, or disability can be a violation of federal and civil laws.

**WEEK 8 /// BULLY DEFENSE****SELF RESPECT**

- Respect is caring about you. If you do not care about yourself, others will not care about you.
- How do you care about yourself? Make the right choices to build the right habits. Chose to do what is right. Take care of your body, work out, study and make your mind strong and most of all build up your spirit.
- There is a champion inside of every person, inside of all of you. You have to pull it out.
- Being different is beautiful. Who wants to be a robot? Who wants to be like someone else?

**Stand up to be yourself - Live Your Life**