

Adults, all levels

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60 minutes

10–12 minute drills

Conditioning finisher

Objective: Jab-cross-roundhouse combination with a defensive exit.

EQUIPMENT

Focus mitts and a kick pad per pair, gloves, a timer.

BEFORE YOU START

Ask about injuries at bow-in, every class. Adults come to understand what they are doing, get a workout, and not get hurt. Skip the mat chat and swap games for conditioning finishers or partner challenges.

MIN	ACTIVITY	COACHING CUE	COMMON ERROR
0–8	Dynamic warm-up, then two rounds of shadowboxing	<i>"Move your feet between strikes"</i>	Standing flat and still
8–20	Technique breakdown: jab, cross, roundhouse, step out at an angle	<i>"Cross turns the hips, kick follows"</i>	Arm-only cross
20–32	Pad rounds, 3 × 2 minutes, holder gives feedback between rounds	<i>"Exit, don't admire it"</i>	Staying in range after the kick
32–42	Defensive drill: partner feeds a jab, student slips or parries, then fires the combo	<i>"Defend first, then answer"</i>	Firing back without defending
42–52	Situational or light sparring (or forms and self-defense for traditional styles)	<i>"50% power, 100% technique"</i>	Power creeping up
52–56	Conditioning finisher: partner kick-and-sprawl challenge	<i>"Quality reps only"</i>	Sloppy reps to beat the partner
56–60	Cool-down, recap, one line of homework	<i>"Shadowbox the combo 3 x 2 min this week"</i>	–

Scale impact

Offer a no-contact option on pad rounds and sparring, pair by size and experience, and let a bad shoulder swap strikes for kicks without a fuss.

Homework

Ten seconds at the end gives students who train at home something specific to do. Say it the same way every week.

Plan B

Small class: instructor holds pads and gives one-on-one correction. Small space: pads instead of bags, stationary defensive drill.