

Tweens and teens

Ages 10–14

60 minutes

Partner work and sparring

Students lead parts

Objective 1 (new): Counter a rear-hand punch with a block and roundhouse kick.

Objective 2 (review): First half of the grading form at full speed.

EQUIPMENT

Focus mitts or kick pads (one per pair), a cone ladder, sparring gear.

KEEPING THIS AGE GROUP ON THE MAT

This is where many students drop out. Longer partner blocks, controlled sparring, and letting older students lead the warm-up and the forms groups give them the ownership they want.

MIN	ACTIVITY	COACHING CUE	COMMON ERROR
0–8	Student-led warm-up (a senior student runs it)	<i>"Include hips and ankles"</i>	Skipping mobility for push-ups only
8–14	Footwork: cone ladder, then partner mirror drill	<i>"Stay on the balls of your feet"</i>	Crossing the feet
14–26	Technique on pads: block the rear hand, then roundhouse to the body	<i>"Pivot the base foot"</i>	Flat base foot, knee takes the strain
26–36	One-step sparring: partner steps in with a punch, defender blocks and counters	<i>"Block first, then counter"</i>	Countering before the block lands
36–46	Forms in small groups, an older student leading each	<i>"Full speed, full stances"</i>	Stances shrinking at speed
46–55	Controlled sparring rounds: bonus point for the new counter	<i>"Hands up after every kick"</i>	Dropping the guard
55–60	Cool-down, one student recaps the objective in one line	<i>"What did you use today?"</i>	–

Why the bonus point

Students who just drilled the counter get a reason to try it against someone resisting, and you get a quick read on who can use it under pressure.

Grappling swap

BJJ or judo: replace one-steps with positional rounds from the day's position (e.g. escaping side control), and sparring with specific rounds then free rolling.

Plan B

Odd numbers: instructor partners in.
Low numbers: longer sparring rounds with more feedback between them.