

BB Warriors Challenge Curriculum July 20th, Los Angeles

First Hour: Coach Emmi Chen

Warm Up and Movement Essentials (60min total)

- Breath - diaphragmatic vs intercostal (10min)
- Spinal alignment/Core activation with neuro drills and Pilates floor exercises. (35min)
- Fists of Fury - full body light intensity drills (15min)

Second Hour: Black Belt Reggie Johnson

Boxing Footwork

Roundhouse Kick

Sidekick

Turn back kick