

# URBANKICK®

## INSTRUCTOR MANUAL

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*Images from Beth Carroll photography and Johnny Galvan.*

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## **CHAPTER 1 | WHAT IS URBANKICK?**

### ***BEGINNINGS***

Urbankick was born when creator, Shane Barnard, started to blend her fitness and dance background with her kickboxing fitness classes. She felt limited by the lack of versatility in kickboxing formats so she began to create her own sequences and punch and kick combinations ranging from 4 to 16 counts and would break them down and teach. She gave each sequence a funky name inspired by life events such as "ya mama" because she created it on Mother's Day, or "humpty dump" because one of her students was wearing a t-shirt with a picture of a fried egg on the front.

Shane's classes LOVED this energetic and uniquely formatted class and her classes at the University of California at Berkeley (UCB) quickly became some of the most popular at the Recreational Sports Facility, packing over 100 students per class. The fitness director approached Shane and asked her to share her style and train other people to teach her unique format.

That was over 15 years ago and the popularity of Urbankick continues to grow today. Shane now travels around the country training instructors in her distinctive brand of Urbankick kickboxing.

### ***THE CREATOR***

Urbankick creator, Shane Barnard, taught fitness classes and studied dance during her undergraduate studies at the University of Oregon. She continued her dance and movement education at the Alvin Ailey American Dance Center in NYC and took cardio boxing and boot camp classes at the Broadway Dance Center. She took her first boxing class with Dave Ekstrom (a former Golden Glove Champion) when she moved to California in 1996, and in 1999, she expanded her training with the International Kick-Box Aerobics Federation certification with David Slavin. Her dance and boxing background blended perfectly to create the foundation for her Urbankick class format. Shane began teaching kickboxing in 1999 and currently teaches Urbankick (as well as other class formats including strength and conditioning and HIIT) at the University of California at Berkeley and Crunch.

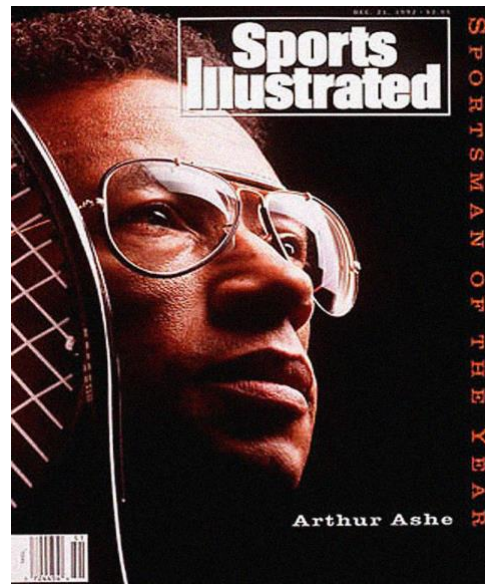
She started her fitness company in 2007 and officially launched the Urbankick Instructor Certification with her business partner, Miwa Natsuki in October of 2013. Shane is a former lawyer and current personal trainer, instructor, and health coach. Her current athletic activities include: half (and one full) marathons and obstacle course races such as the Warrior Dash, Spartan Race and Tough Mudder.

Her credentials include: NASM, ACE, AFAA, and USATF; a twice honored ambassador for lululemon and a fitness blogger for MyFitnessPal/Under Armour.

## PHILOSOPHY

*"Start where you are. Use what you have. Do what you can."*

*-Arthur Ashe*



Every Urbankick experience is rooted in the philosophy of Arthur Ashe. Arthur Ashe was a champion tennis player in the 70's and retired in 1980 after winning 3 Grand Slam Titles. He was a champion on the court and a tireless humanitarian off the court. He contracted AIDS during a blood transfusion for heart bypass surgery and spent his post-tennis years raising awareness about AIDS with his foundation. He was posthumously awarded the Presidential Medal of Freedom by President Clinton. His words, stated simply, create our methodology and our progression principle. We want everyone who walks into an Urbankick class to feel welcome and successful and we do this by following the principles below.

- Inclusion-kickboxing and HIIT training is for everyone
- Exercise is and should be fun
- Building class community ensures everyone feels welcome
- Creating tiny successes for all participants via our progression principle
- Start where you are regardless of age, gender, size or perceived ability
- Do what you can—everyone can do this class
- Movement is a way to celebrate your health and life

***“Never judge a participant for the effort they put forth. Our role is to educate, support and appreciate their participation. Be thankful they took the time to spend their workout in your class. Never judge someone for not doing the workout YOU think they should do.”***

We want everyone to feel welcome in class and to have the most fun while safely exercising. Start to create a community by introducing yourself and welcoming the new participants. Thank everyone for coming to class and remind them that this is their workout and to enjoy it! Stanford professor and behavior expert, BJ Fogg, Ph.D., states people are inherently social and creatures of habit. Creating a fun, social and welcoming environment for people to workout in is paramount to the Urbankick environment. If people have fun in class and walk away feeling healthy and strong, they will likely return and a healthy habit will form. We want people to feel better about themselves after every class. To support these principles, instructors must ensure that every participant, regardless of skill level, feels supported and included.

Teaching a multi-level class is challenging but instructors can create a welcoming environment by offering proper progressions, using strong visual and verbal cues and by reassuring the participants that they are perfect just the way they are.

***“Remind your class that exercise is not a ‘one size fits all’ activity! They should push at their pace and it is our role as instructors to safely challenge them.”***

## **THE CLASS**

Urbankick is an innovative, exciting and athletic workout that is taking group X schedules by storm! UrbanKick takes a sports conditioning approach and combines punch and kick sequences with athletic and H.I.I.T. drills, for a multi-level, fun and heart-healthy workout. We have borrowed from different martial art techniques such as: taekwondo, karate and muay thai kickboxing to create a total body workout that incorporates steady state cardiovascular training, metabolic boosting H.I.I.T. training and functional body-weight strength training for a dynamic and efficient workout. Urbankick challenges your body in all planes of motion so you are constantly developing strength, agility, flexibility and balance more than you would doing traditional cardiovascular workouts like cycling or running.

Every Urbankick class expertly balances the need for familiar moves and format (to ensure the class is welcome to all levels of ability), along with the need to keep the sequences fresh, innovative, exciting, and most importantly --- fun.

## **WHAT MAKES URBANKICK UNIQUE?**

- Urbankick language
- Athletic/Boot Camp
- Flow | seamless transitions
- Puzzle pieces

## **ATHLETIC FORMAT**

When you combine sequences, (which allows steady state, cardiovascular benefits), with **athletic** H.I.I.T. drills, you create an efficient workout that is packed with physiological and psychological adaptations and benefits.

## **LANGUAGE**

Urbankick differs from every other format because we have our **own language of sequences**. Creator, Shane Barnard, has created a library full of unique Urbankick sequences (punch and kick combinations) that you will not hear in any other class format. Most sequences have 2-3 variations each, which results in countless combinations so that classes are always exciting, challenging, but **FAMILIAR**.



## ***PUZZLE PIECE DESIGN***

Each class is a puzzle made up with ***puzzle pieces***. The 2 puzzle pieces are ***sequences***; punch and kick combinations ranging from 4 - 16 counts in length and ***athletic or HIIT drills***. You can put the pieces of the puzzle into different orders and arrangements, but the puzzle pieces remain the same. This blend of combining unique sequences along with athletic or H.I.I.T. drills excites those that like to do punch and kick combinations as well as those participants that just want to have fun, sweat and get a heart-pounding workout.

## ***FLOW***

Our class never stops! You ***flow*** from a sequence to a H.I.I.T. drill without stopping by using Urbankick ***glue***: short transitional movements that allow the class to keep moving while you provide the road map cue to what is coming next. The class is set to music, but the drills and sequences are not paired with any particular song, so there are never any musical breaks to trigger a stop in your workout. As the instructor, you will cue your class through ***seamless transitions*** of each puzzle piece ensuring your class remains active in their steady state training.

## **The Urbankick class is;**

- Multi-Level
- Athletic (traditional speed & agility sports conditioning and H.I.I.T.)
- Boot-Camp Style (drill based)
- Perfect for the choreography challenged
- Balanced (utilizes all planes of motion)
- Authentic (real kickboxing punches and kicks)

## **Urbankick is not a:**

- Dance Class (no grapevines, clapping or shaking your hands in the air)
- Martial Arts Class
- Self-Defense Class
- Contact Class

Urbankick is not a dance class disguised to look like a hard-hitting combat class. It is set to music but you will not find a single grapevine, booty-shake, “hands in the air” or other hallmarks of mainstream aerobics classes in Urbankick.



## CHAPTER 2 | URBANKICK BUILDING BLOCKS

*These images are snap-shots of the necessary building blocks for every Urbankick class. Proper instruction is required to ensure safe performance and to reduce any risk of injury.*

### **STANCES (BI-LATERAL & SPLIT)**

All kicks and punches start from a bi-lateral stance or a split stance. In general, the bi-lateral stance prepares you to move laterally and the split stance prepares you to move forwards and backwards.

#### **Bi-Lateral Stance**

- Legs wider than shoulders
- Knees soft with slight hip flexion
- Hips pushed back-weight in heels
- Neutral pelvis and spine

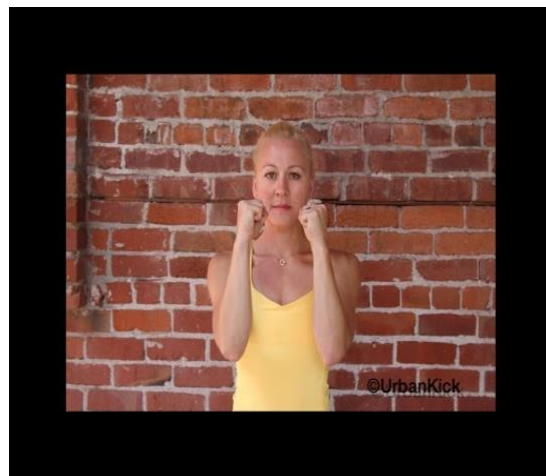
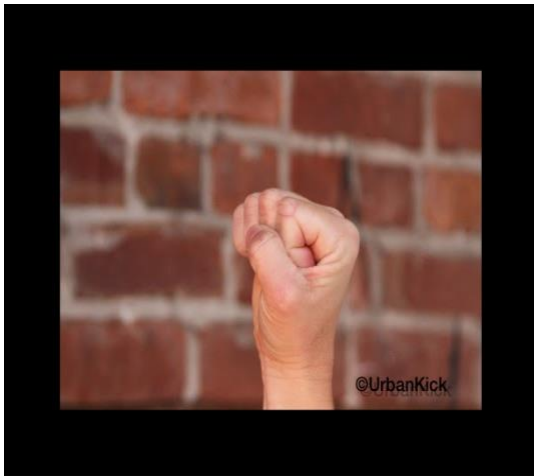
#### **Split Stance**

- Staggered legs--back heel lifted
- Knees soft
- Neutral pelvis and spine



### ***FIST MECHANICS & GUARD***

- Tuck and curl your fingers in
- Wrap thumb around outside of your fingers
- Maintain strong wrist (don't flex or break)
- Aim with index and middle fingers
- Draw elbows in towards midline
- Keep elbows underneath shoulders
- Hands at either side of your chin

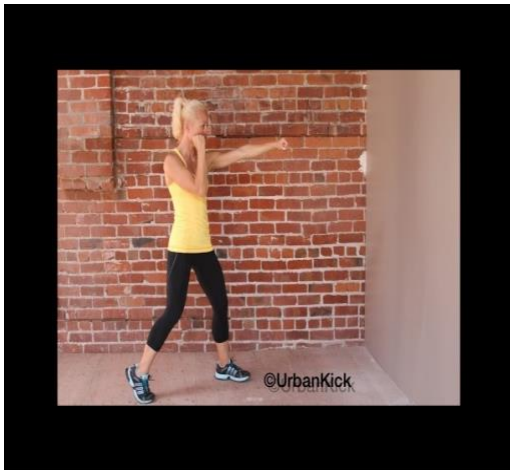


## **PUNCHES**

*All punches require proper muscle recruitment; using your latissimus dorsi, mid-lower trapezius, deltoids, rhomboids and core stabilization, while maintaining shoulder retraction and proper breathing.*

### **FRONT JAB** (lead arm)

- Extend arm forward at shoulder height
- Slight internal rotation from shoulder
- Palm is facing floor at full extension
- Don't lock elbow and recoil



### **CROSS JAB** (back arm)

Same as a front jab but the lower body rotation allows the punching arm to travel across the body and forward. Sometimes referred to as a "southpaw" or a "reverse punch" and typically has more power than the front jab due to the rotation of low body and hip power.

- Extend arm forward at shoulder height
- Power from the hips
- Palm is facing floor at full extension
- Don't lock elbow and recoil

## ***HOOK***

- Slightly drop your fist/arm and pull arm away from midline
- Draw fist/arm toward the midline of your body with elbow lifted
- Aim for opponent's chin/strike with outer two knuckles
- Elbow stays flexed for duration of punch/low body rotation provides power



## ***UPPER CUT***

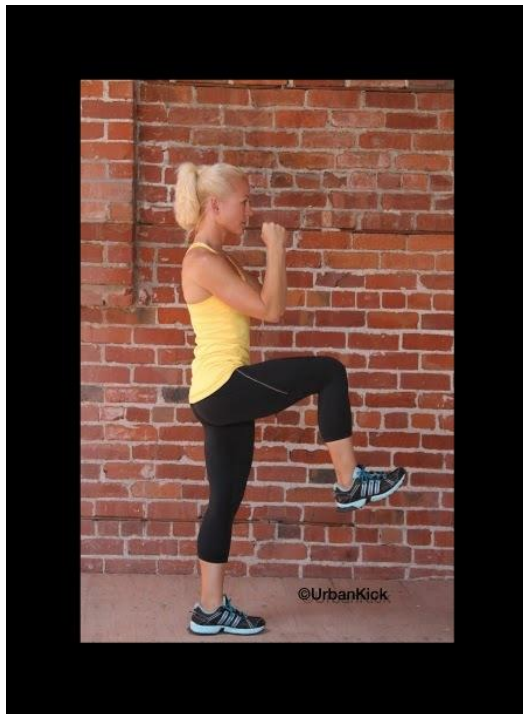
- External rotation of shoulder and forearm
- Push the fist forward with your palm facing up towards strike
- Aim into imaginary opponent's gut OR under chin (chin contact = closer range)
- Arm stays flexed but allow some extension if striking the gut

## **KICKS**

Urbankick uses 3 push kicks; front, side and back, and 2 striking kicks; the crescent and roundhouse. The 3 push kicks make up 90-95% of the kicks used during class.

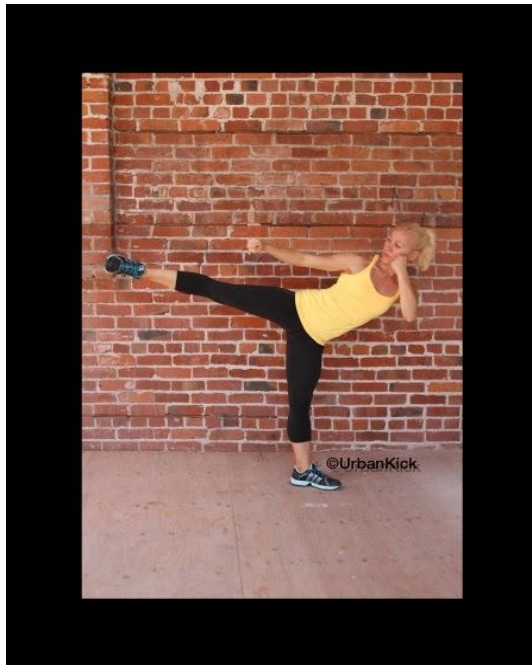
### ***FRONT KICK***

- Sagittal Plane
- Flex hip, knee and ankle
- Pull knee up
- Extend leg
- Push foot forward through metatarsal of foot & pull toes back
- Maintain neutral spine & pelvis
- Base leg remains straight/parallel for short distance targets (image below)
- Avoid snapping or locking knee



### ***SIDE KICK***

- Frontal Plane
- Pivot on the ball of the standing foot
- Externally rotate from the hip of standing leg
- Flex your hip, knee and dorsiflex foot of the kicking leg
- Fully pivot standing leg as you extend leg into target
- Push through tarsal of kicking foot to intended target/ heel exposed and point of contact
- Avoid snapping or locking knee



*Note: Allow lateral flexion of spine and movement through the frontal plane as your kicking leg pushes side. Base leg will externally rotate from hip to allow hip extension and protect knee.*



## **BACK KICK**

- Sagittal Plane
- Flex hip, knee and foot
- Hinge forward at your hips
- Push behind you through tarsal of kicking foot/heel is point of contact
- Keep toes down at point of contact
- Avoid snapping or locking knee

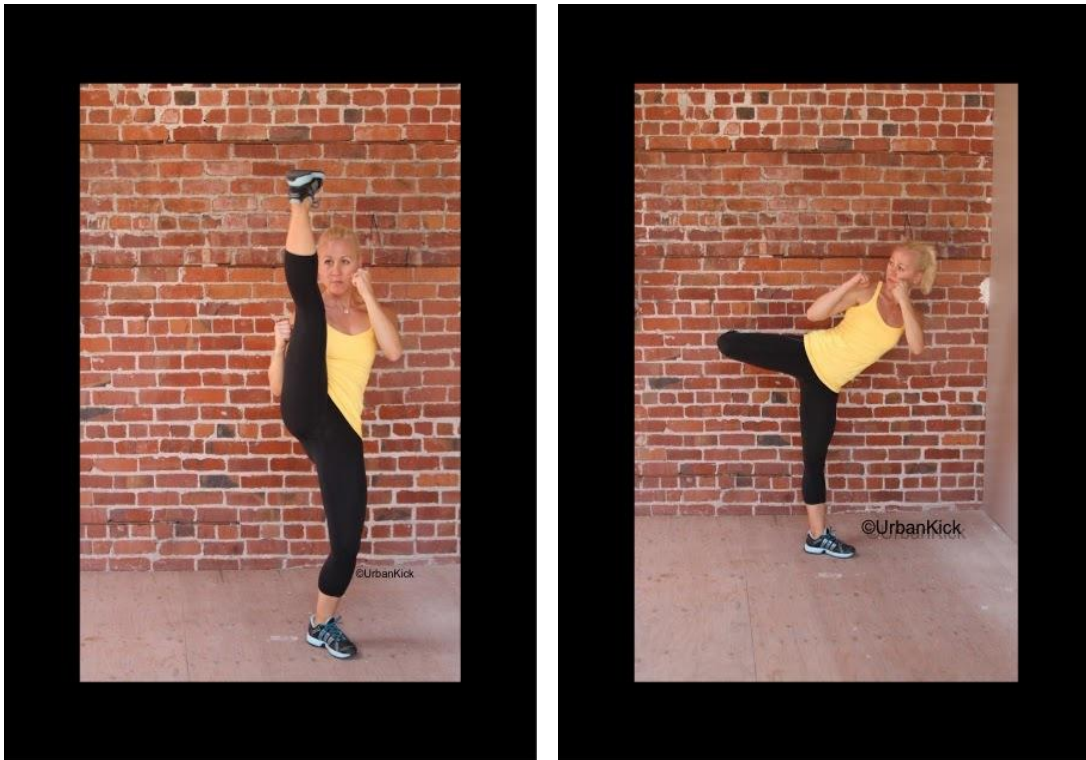


*Note: Allow moderate spinal flexion as you push the heel behind you. As you become more comfortable you will open up the hip slightly to allow you to look over your shoulder at the target.*

## **CRESCENT KICK**

- Maintain a long leg and draw leg slightly towards the midline of body
- Externally rotate from the hip into a "fan kick" type ROM with a quick slicing action
- Maintain a dorsi-flexed foot & strike target with heel or ball of foot using momentum
- Draw the leg down and back into neutral position

*Note: The kick does not need to be high.*



## **ROUNDHOUSE KICK**

- Frontal and transverse plane
- Simultaneously abduct hip and flex the knee of kicking leg
- Foot plantar-flexed
- Externally rotate hip of standing leg and shift weight into metatarsal
- Draw your kicking leg up as you simultaneously pivot on your standing leg
- Pull your hips through and extend your lower leg, "striking" target with shin
- Don't allow upper body to flex forward

*Note: This kick is usually taught while pivoting on your standing leg, so it can change your POV and direction. Teach with caution as the leg extends quickly with a propensity to snap the knee. The force applied to the top of the foot puts the ankle in a stressed position; therefore, using your shin as the point of contact is recommended*

## CHAPTER 3 | SPEAKING URBANKICK

Language and cues are necessary to teach an Urbankick class. The language of our sequences and basic cues below helps build familiarity for our participants and continuity of the Urbankick format.

- **Lead:** side of body that initiates a punch/movement from a split stance
- **Switch:** changing your lead side while still facing same direction
- **Slip:** defensive stance that shifts weight from right to left
- **Rotations:** the low body transfer of weight in the transverse plane
- **Pivot:** on standing leg to perform any rotating kick
- **Scissor Feet:** tiny scissor feet underneath your body/base of support
- **Quick Feet:** quick/football stance feet
- **Shuffle:** lateral movement totaling 3 quick steps
- **Down Low:** either squatting or taking hand to the floor

## CUEING URBANKICK

Cueing separates good instructors from amazing instructors. Urbankick teaches you how to cue like a professional so every participant can understand the movement and phrasing whether it is his/her first or fiftieth class.

- **K.I.S.S. Principle**
  - **SPARK**
  - **ROAD MAPS**
  - **PLACE HOLDERS**

### ***K.I.S.S. PRINCIPLE—KEEP IT SIMPLE STUPID***

You want your cues to be short, clear and to the point but not robotic. To make your class feel comfortable, be as clear as possible, repeat the sequence as needed and give different verbal and physical cues to describe the movement.

- The **name** of the punches and kick(s): jab, jab, hook, jab, two knees
- The **side** of the body: R-R-L-R-two right knees
- **Count** the beats: 1, 2, 3, 4, 5, 6, 7, 8
- **Hand** cues: pointing right or left
- Cue **half time:** by slicing hand in cutting motion

Don't get stuck counting down all the time. It is boring and becomes monotonous. However, there are times, such as during the break down phase of a movement or during the warm-up, where counting may be necessary. As a general note, when you are counting down you will rarely say numbers 2 and 1. Those beats give you time to cue the next movement or direction.

**Example 1:**

I have my class holding front jabs left and right....and if I want to count down 8 more jabs before I cue the change into cross jabs it will sound like:

*“Hold those front jabs for 8, 7, 6, 5, 4, 3, **CROSS JAB 8 TIMES**”*

If you said the numbers 2 and 1 you would be too late for your “cross jabs” cue. You want to cue the CHANGE first. Take the cue above, if I had said “give me 8 cross jabs”, I would potentially be late for the first cross. The change was from front jabs to cross jabs therefore cross jab should be the first thing I cue.

**Example 2:**

*“Front jab last 8, (beat), (beat), (beat), 4, 3 **CROSS JAB 8 TIMES**”*

**SPARK CUES**

Used to get your class's attention and let them know something is coming which helps create a smooth transition.

- “Listen Up”
- “Alright”
- “When I Say When”
- “Stay Here”
- “If you're new....STAY HERE”

Once you have their attention you will use a **road map** cue to let them know what is coming.

**ROAD MAPS**

Give a verbal glimpse into what is coming next.

- “We are breaking down the terminator”
- “That second knee is going to change”
- “Those two jumping jacks can become.....”
- “4 more to the front wall”

## **PLACEHOLDERS**

A placeholder is a foundational movement that you perform before you progress a movement. You can do this with any athletic drill or punch-kick sequence. The placeholder allows you to progress a movement or exercise safely in compliance with the progression principle and allow people to choose their level of intensity or difficulty.

### **Example 1:**

Let's take a Humpty Dump sequence that starts with 4 front jabs. The last jab becomes a placeholder for a jumping jack progression. As you progress, the jumping jack becomes a placeholder for a side kick.

*Progression #1: The last punch can become a single knee lift so you have 3 jabs and 1 knee lift.*

*Progression #2: The knee can progress into a side kick.*

### **Example 2:**

Let's progress an athletic drill from tapping side to side into a Star Jump. Start with having your class tap their feet side to side. This is the foundation. The side taps are placeholders for the next progression.

*Progression #1: the side taps can become a jumping jack, adding plyometrics. Now the jumping jacks are placeholders for progression #2*

*Progression #2: the jumping jacks can become a star jump. A star jump is an explosive movement where both feet push off the floor into the air with hip abduction, and you safely land to the floor into a squat.*

### **Spark + Road Map + Place Holders = Terminator Progression: J-J-H-J-K-K(BK)**

Let's put it all together and break down the Terminator using spark cues, road maps and placeholders.

- Glue: "Hold those front jabs"
- Spark: "Listen Up"
- Road Map: "We are going to break down the terminator"
- Verbal and Physical Cue: "Half-Time--it is a J-J-H-J-2 front knees"
- Verbal Cue: "Right, right, left, right, two right knees"
- Verbal Cue: "Speed it up double time"
- Spark: "Now get ready"
- Road Map: "Those two knees can become a right knee & left back kick"
- Placeholder: That second knee is a placeholder for the back kick

## MUSICALITY

All of our sequences are taught to the 32 count phrase, (4 sets of 8 counts = 32 counts). All sequences are either 4, 8, or 16 counts long and as you progress the sequences, changing and adding on will require an understanding of musical phrasing. Our best suggestion is to buy a professional music mix for fitness classes and listen to it OVER & OVER again until you can easily identify the 32 count phrase and each measure of 8 counts. Most changes, additions, and progressions will occur on the 1<sup>st</sup> count of the 32 count phrase. Use the GLUE to listen for the top of the phrase to execute the movement or change with the correct timing. Be patient as for many people, hearing the 32 count phrase just takes time and practice.

## MUSIC

Proper music selection sets the tone for your Urbankick class. You want music between 140-150 beats per minute (bpm) to safely perform the sequences and drills. Choose upbeat music with strong phrasing and non-stop energy. The sequencing does not require specific songs, but for seamless formatting and cueing, a continuous mix without breaks or sound gaps and is set to the 32 count phrase is required. The bottom line when selecting music is to KNOW YOUR AUDIENCE. A general rule of thumb is: if it's on pop/hip-hop radio, people will know and recognize the song and will enjoy singing along. Please keep it clean and don't use explicit lyrics.

### **Music Sources**

Urbankick does not require specific music for the class and encourages you to find music that you and your community prefer. Some music sources to check out are Power Music, Yes Music, 32mix or search Spotify.

## CHAPTER 5 | PUZZLE PIECE FORMAT OVERVIEW

The Urbankick Class format consists of 2 **PUZZLE PIECES**; *Sequences* and *Athletic/HIIT Drills* that you stick together with **GLUE**. These 2 puzzle pieces make up the special sauce of Urbankick. Add on the warm-up and cool-down and you have a full class.



<b>Warm-Up (3-5min)</b>
Glue: Slips & Rotations
Glue: Slips → Punches (half-time) Front Jab + Cross Jab + Hook + Upper Cuts
Glue: Slips
Glue Slips → Dynamic Low Body (half-time) Squats + Reverse Lunges + Frankensteins + Lateral Lunges
Glue: Jog + Jacks + Jabs → Sequences
<b>Sequences &amp; Drills (30-40min)</b>
Glue: Jab
Sequences → Drills/HIIT
Glue: Jab
<b>Cool Down (3-5min)</b>
Glue: Slips & Rotations
Glue Slips → REPEAT Dynamic Low Body → Static Stretches
1. Chest, Deltoids
2. Quadriceps, Hip Flexors/Psoas, Hips/Gluteals, Hamstrings
3. Gastrocnemius, Soleus
GIVE THANKS AND ENCOURAGE THEM TO COME BACK!

The class will always start with a warm-up and end with a cool-down. The *sequences* and *athletic drills* are the 2 puzzle pieces that make up the unique Urbankick class design. We will discuss each in detail in the next couple sections.

## **WARM-UP & COOL-DOWN**

The purpose of the warm-up is to get the body ready for the workout. The warm-up includes full range of motion dynamic stretching and rehearsal moves to increase the core temperature of the body and provide a snapshot for the remainder of class. Every major muscle group is engaged, utilized and challenged in each Urbankick class.

Along with slips, rotations and a review of fist mechanics, the warm-up must include the 2 puzzle pieces; **Punches & Dynamic Low Body Exercises**

These puzzle pieces are taught at  $\frac{1}{2}$  *time tempo* to warm-up the upper and lower body in preparation for the workout. Although our format grants latitude to the instructor to create the BEST class for their demographic, these puzzle-piece are required before you teach any sequences or athletic drills/HIIT. During this time you are required to demonstrate proper technique and execution, and encourage full ROM and going at your own pace during the workout.

### **WARM-UP FLOW**

<b>Warm-Up (3-5min)</b>
Glue: Slips & Rotations
Glue Slips → Dynamic Low Body (half-time)
1. Squats 2. Reverse Lunges 3. Frankensteins 4. Lateral Lunges
Glue: Jog → Slips → Punches (half-time)
1. Front Jab 2. Cross Jab 3. Hook 4. Upper Cuts
Glue: Slips + Jog + Jacks + Jabs → Sequences

The purpose of the cool-down is to safely bring the heart rate down, decrease the body temperature, and prevent injury by allowing time for static stretching to prevent cramping and increase flexibility.

### **COOL-DOWN FLOW**

<b>Cool Down (3-5min)</b>
Glue: Slips & Rotations
Glue Slips → REPEAT Punches → REPEAT Dynamic Low Body → Static Stretches
1. Chest, Deltoids 2. Quadriceps, Hip Flexors/Psoas, Hips/Gluteals, Hamstrings 3. Gastrocnemius, Soleus



GIVE THANKS!

## **CHAPTER 5 | URBANKICK PUZZLE PIECES**

Every Urbankick class expertly balances the need for familiar sequences and formatting (to ensure the class is appropriate and enjoyable for all ability levels), along with the need to keep the classes fresh, innovative, exciting and athletic with athletic drills.

Urbankick has its *own language* of sequences that will not be seen or heard in any other class. Our sequences range in from 4-16 counts and many have 2-3 variations each, resulting in countless combinations, keeping your class content fresh yet familiar, all at the same time.

Putting classes together using this wealthy library of sequences enables the instructor to have some creative freedom within the structure of the format. Instructors marvel at how they never get bored, and if the instructors aren't bored, the members won't be either!

### ***SEQUENCES***

A sequence is an Urbankick puzzle piece that consists of different punch and kick combinations that range from 4 - 16 counts long. They may be taught individually or put together to form 32 count phrases (or longer). The sequences make up our unique Urbankick language.

Many of the sequences have multiple variations and/or progressions to keep your classes new and exciting while keeping the content familiar. Our language provides the perfect way to build community and properly progress with safe and expert instruction.

The Urbankick language also makes class planning for you as the instructor easy and efficient.

### ***VIDEO LIBRARY***

*Urbankick has an online video library on the Urbankick website. You will find the progressions and breakdowns to our sequences and some athletic drills. Please contact us for more information at [urbankickfitness@gmail.com](mailto:urbankickfitness@gmail.com)*

## SEQUENCE PUZZLE PIECES

Sequences are comprised of punch and kick combinations and make up the unique Urbankick language. They range from 4 -16 counts long and have numerous progressions.

<b>SINGLE SLIP = JAB + CROSS + SLIP</b>
Counts: 4
Stance: Split
1. Front Jab (half-time) 2. Add a Cross Jab (half-time) 3. Jab + Cross (double time) 4. Add a slip
Progressions #1 Single Slip to Switch
1. Start with Single Slip (above) 2. Single Slip x 4 (right side lead) 3. Switch LEFT lead Single Slip x 4 4. (Break it down x 2) Switch RIGHT Single Slip x 2 and Switch LEFT x 2 5. (Break it down x 1) Switch RIGHT Single Slip x 1 and Switch LEFT x 1
Progression #2 Single Slip Front and Back
1. Start with Single Slip (above) 2. Single Slip x 4 (front wall-right side lead) 3. Back Wall LEFT Single Slip x 4 4. (Break it down x 2) Front Wall x 2 and Back Wall x 2 5. (Break it down x 1) Front Wall x 1 and Back Wall x 1
Progression #3 Single Slip Quarter Turn
1. Start with Single Slip (above) 2. Single Slip x 4 (right side lead) 3. Quarter turn to the right wall x 4 4. Quarter turn to the back wall x 4 5. Quarter turn to the right wall x 4 6. Break it down x 2 each wall 7. Break it down x 1 each wall
Progression #4 Single Slip Around the Room
1. Start with Single Slip (above) 2. Single Slip x 4 (right side lead) 3. Switch LEFT Single Slip x 4 4. Back Wall RIGHT Single Slip x 4 5. Switch LEFT Single Slip x 4 (facing the BACK WALL) 6. Front Wall Right Single Slip 7. Break it down x 2 each wall 8. Break it down x 1 each wall
Progression #5 Single Slip Kick to Switch

1. Start with Single Slip (above)
  2. Add on Jumping Jacks x 2
  3. The Jumping Jacks x 2 switches leads from right to left & left to right
  4. The Jumping Jacks x 2 can become a front kick x 1 and back kick x 1
- Note: If right lead single slip, the left leg will do the front kick and right leg back kick to switch leads.*

**DOUBLE UP = JAB + CROSS + JAB + CROSS + SLIP + SLIP**

Counts: 8

Stance: Split

1. Start with a Single Slip
2. Double it up = Jab + Cross + Jab + Cross + Slip + Slip

**Progressions #1 Double Up to Switch**

1. Start with Double Up (above)
2. Double Up x 4 (right side lead)
3. Switch LEFT Double Up x 4
4. (Break it down x 2) Switch RIGHT Double Up x 2 and Double Up LEFT x 2
5. (Break it down x 1) Double Up RIGHT side x 1 and switch LEFT x 1

**Progression #2 Double Up Front and Back**

1. Start with Double Up (above)
  2. Double Up x 4
  3. Back Wall Double Up x 4
  4. (Break it down x 2) Front Wall Double Up x 2 and Back Wall Double Up x 2
  5. (Break it down x 1) Front Wall Double Up x 1 and Back Wall Double Up x 1
- Note: If you are on a right lead to the front wall, you will start with a left lead to the back wall.*

**Progression #3 Double Up Around the Room**

1. Start with Double Up (above)
2. Double Up x 4 (Right Lead)
3. Switch LEFT Double Up x 4
4. Back Wall RIGHT Double Up x 4
5. Switch LEFT Double Up x 4 (facing the back wall)
6. Front Wall Right Double Up
7. Break it down x 2 each wall
8. Break it down x 1 each wall

**DOUBLE UP + BACK KICK = JAB + CROSS + JAB + CROSS + SLIP + BACK KICK**

Counts: 8

Stance: Split

1. Start with Double Up (above)
2. The SECOND Slip becomes a Back Kick

<b>DOUBLE DOG DARE = JAB + CROSS + SLIP + JUMPING JACK</b>
Counts: 8
Stance: Split
1. Start with a Single Slip 2. Add on Jumping Jacks x 2
Progressions #1 Double Dog Dare
1. Start with Double Dog Dare (above) 2. The Jumping Jacks x 2 become Power Jack x 1
Progression #2 Double Dog Dare to Switch
1. Start with Double Dog Dare (above) 2. The Jumping Jack(s) can switch your lead from right to left & left to right

<b>ROCK THE BOAT = JAB + CROSS + SLIP + SLIP + SLIP</b>
Counts: 8
Stance: Split
1. Start with a Single Slip 2. ADD on Slips x 2 (Slipping Left, Right & Left into a bilateral stance)
Progressions #1 Rock the Boat + Squats x 2
1. Start with a Rock the Boat (above) 2. ADD on half-time squats x 2 (bi-lateral stance)
Progression #2 Rock the Boat + Burpee x 1
1. Start with a Rock the Boat (above) 2. ADD on half-time Squats x 2 (bi-lateral stance) 3. Half-time Squats x 2 become Burpee x 1
Progression #3 Rock the Boat + Jumping Jacks x 4
1. Start with a Rock the Boat (above) 2. ADD on Jumping Jacks x 4
Progression #4 Rock the Boat + Half-Time Jacks x 2
1. Start with a Rock the Boat (above) 2. ADD on Jumping Jacks x 4 3. Jumping Jacks x 4 become HALF-TIME Jacks x 2
Progression #5 Rock the Boat + Power Jacks x 2
1. Start with a Rock the Boat (above) 2. ADD on Jumping Jacks x 4 3. Jumping Jacks x 4 become half-time Jacks x 2 4. Half-time Jacks x 2 become POWER JACKS x 2
Progression #6 Rock the Boat + High Knees x 8
1. Start with a Rock the Boat (above) 2. ADD on High Knees x 8
Progression #7 Rock the Boat + Speed Skaters x 4
1. Start with a Rock the Boat (above)

2. ADD on Speed Skaters x 4
Progression #8 Rock the Boat + Quick Feet
1. Start with a Rock the Boat (above)
2. ADD on Quick Feet x 8

<b>KARATE KID = JAB + CROSS + SLIP + JAB + CROSS + SLIP + FRONT KICK + BACK KICK + FRONT KICK + BACK KICK</b>
Counts: 16
Stance: Split
1. Start with a Single Slip
2. Front Wall Single Slip x 4 and Back Wall Single Slip x 4
3. Break it down front wall x 2 and back wall x 2
4. Break it down front wall x 1 and back wall x 1
5. Add on Jumping Jacks x 4
Progressions #1 Front Kicks
1. Start with Karate Kid (above)
2. The Jumping Jacks x 4 become Front Kicks x 4
Progression #2 Front Kick + Back Kick
1. Start with Karate Kid (above)
2. The Front Kicks x 4 become (Front Kick x 1 and Back Kick x 1) x 2
Progression #3 Back Kick Pivot
1. Start with Karate Kid (above)
2. The (Front Kick x 1 and Back Kick x 1) can pivot on the back kick from the front wall to the back wall.
<i>Note: If on a right lead Karate Kid, the right leg will do the first front kick. The back kick will pivot you and change your POV from the front to the back wall. The kicks will hit the same target as you pivot.</i>

<b>JAB + SIDE KICK</b>
Counts: 4 (8 usually performed front & back OR right & left)
Stance: Split or Bi-Lateral
1. Start with JABS x 2 Front Wall & JABS x 2 Back Wall
2. Second jab becomes a JUMPING JACK
3. Jumping Jack becomes a SINGLE KNEE UP
4. Knee becomes a SIDE KICK
<i>Note: If right lead jab it is a right lead side kick</i>

<b>HUMPTY DUMP = JAB + CROSS + JAB + HOOK + JAB + SIDE KICK</b>
Counts: 8 (16 usually performed front & back OR right & left)
Stance: Split or Bi-Lateral
<ol style="list-style-type: none"> <li>1. Start with JABS x 4 Front Wall &amp; JABS x 4 Back Wall</li> <li>2. The 4th JAB becomes a JUMPING JACK</li> <li>3. Jumping Jack becomes a SINGLE KNEE UP (Right lead jab = right knee up)</li> <li>4. Knee Up becomes a SIDE KICK</li> </ol>
Progression #1
1. Add 2 More Punches = Jab + <u>CROSS</u> + Jab + <u>HOOK</u> + Jab + Side Kick

<b>SUPERMAN = FRONT KICK + FRONT KICK + FRONT KICK + BACK KICK</b>
Counts: 8
Stance: Bi-lateral
<ol style="list-style-type: none"> <li>1. Start with KNEES UP x 4 and TAP SIDE TO SIDE x 4</li> <li>2. The knees up become FRONT KICKS x 4 + taps side to side x 4</li> <li>3. The (4<sup>th</sup>) last kick becomes a BACK KICK + taps side to side x 4</li> <li>4. FRONT KICKS x 3 + BACK KICK x 1 + taps side to side x 4</li> <li>5. KEEP THE KICKS and drop the taps</li> </ol>
Progressions #1 Superman Pivot
<ol style="list-style-type: none"> <li>1. Start with Superman (above)</li> <li>2. The BACK KICK can pivot you from the front wall to the back wall</li> </ol> <p><i>Note: When you pivot imagine each kick hits the same target. Face front for the front kicks then hit the same target in front of you with the back kick as you pivot to face the back wall. Then you will start your front kicks with the same lead facing the back wall and the back kick will pivot you to face front again.</i></p>

<b>TRIPLE SHOT = JAB + JAB + JAB + HOOK</b>
Counts: 4
Stance: Split
<ol style="list-style-type: none"> <li>1. Hold a Front Jab</li> <li>2. Jab x 3 + Hook x 1 (half-time)</li> <li>3. Jab x 3 + Hook x 1 (double time)</li> </ol>
Progressions #1 Triple Shot Switch
<ol style="list-style-type: none"> <li>1. Start with Triple Shot (above)</li> <li>2. Triple Shot x 4 (right lead)</li> <li>3. Switch LEFT Triple Shot x 4</li> <li>4. (Break it down x 2) Switch RIGHT Triple Shot x 2 and Switch LEFT x 2</li> <li>5. (Break it down x 1) Switch RIGHT Triple Shot x 1 and Switch LEFT x 1</li> </ol>
Progression #2 Triple Shot Around the Room
1. Start with Triple Shot (above)

2. Triple Shot x 4 (right lead)
3. Switch LEFT Triple Shot x 4
4. Back Wall RIGHT Triple Shot x 4
5. Switch LEFT Triple Shot x 4 (Facing the BACK WALL)
6. Front Wall Right Triple Shot
7. Break it down x 2 each wall
8. Break it down x 1 each wall
<b>Progression #3 Triple Shot + Slips x 2</b>
1. Start with Triple Shot (above)
2. Add on slips x 2 back (same lead)
3. Travel the Triple Shot forward and move the slips x 2 back
<b>Progression #4 Triple Shot + Slip to Switch</b>
1. Start with Triple Shot + Slips x 2 (above)
2. Second Slip will SWITCH from RIGHT to LEFT lead

<b>TRIPLE SHOT BACK KICK = JAB + JAB + JAB + HOOK + SLIP + BACK KICK</b>
Counts: 8
Stance: Split
1. Start with Triple Shot
2. Add on slips x 2 back
3. Second Slip becomes a BACK KICK
<i>Note: If right lead triple shot the left leg will do the back kick</i>
<b>Progression #1 Triple Shot Back Kick + Jumping Jacks x 4</b>
1. Start with Triple Shot + Back Kick (above)
2. ADD on JUMPING JACKS x 4
<b>Progression #2 Triple Shot Back Kick + Half-Time Jumping Jacks x 2</b>
1. Start with Triple Shot + Back Kick + Jumping Jacks x 2 (above)
2. Jumping Jacks x 4 become half-time Jumping Jacks x 2
<b>Progression #3 Triple Shot Back Kick + Power Jacks x 2</b>
1. Start with Triple Shot + Back Kick + Half-Time Jumping Jacks x 2 (above)
2. The Half-Time Jacks x 2 become Power Jacks x 2
<b>Progression #4 Triple Shot Back Kick + High-Low</b>
1. Start with Triple Shot + Back Kick + Half-Time Jumping Jacks x 2 (above)
2. The SECOND half-time jumping jack drops into a SQUAT
3. Both Jacks become drop squats
<b>Progression #5 Triple Shot Back Kick + Front Kicks x 4</b>
1. Start with Triple Shot + Back Kick (above)
2. Add on FRONT KICKS x 4
<b>Progression #6 Triple Shot Back Kick + Kick Lunges x 2</b>
1. Start with Triple Shot + Back Kick + Front Kicks x4 (above)
2. The front kicks x 4 become (KICK + LUNGE) x 2
<i>Note: If right lead Triple Shot, the left leg will do the back kick and the right leg will front kick and the left leg will lunge back.</i>

## SHUFFLE = 3 QUICK STEPS + CROSS JAB

Counts: Counts: 4 (8 usually performed front & back OR right & left)

Stance: Split or Bi-Lateral

1. Start with Slips side to side
2. Slip Right x 2 and Left x 2
3. Add a CROSS JAB = Slip + Slip + Cross Jab
4. 2 slips become a SHUFFLE (3 counts) + Cross Jab

*Note: If shuffling right the left arm will do the cross jab.*

Progression #1 Shuffle + Slips x 2

1. Start with Shuffle (above)
  2. Keep the SHUFFLE to the front wall x 1 and add on slips back x 2
- Note: Stays on the same lead and you only perform the shuffle x 1 = 4 counts & the slips x 2 don't change leads*

Progression #2 Shuffle Slip to Switch

1. Start with shuffle (above) front & back
2. Keep the SHUFFLE to the front wall x 1 and add on slips back x 2
3. The 2 slips back will SWITCH you from right to left lead
4. SHUFFLE front and slip to switch

Progression #3 Shuffle Punch it Out

1. Start with Shuffle (above)
  2. Add on 2 HALF-TIME Cross Jabs = Shuffle + Cross Jabs x 3
  3. Replace the cross jabs with Half-Time Hooks x 3
  4. Replace the hooks with Half-Time Upper Cuts x 3
  5. Replace the upper cuts with Half-Time Front Jabs x 3
  6. The punches can speed up to double time = 5 front jabs
- Note: When adding on punches they will alternate right and left and left and right*

Progression #4 Shuffle + Double Slide

1. Start with Shuffle Punch it Out (above)
  2. Replace the 2<sup>nd</sup> Shuffle Punch it out with Slips x 2 and Jumping Jacks x 2 = Shuffle Punch it Out + Slips x 2 + Jacks x 2
  3. The Jacks x 2 can become Front Kicks x 2
- Note: If you shuffle with your right lead, your left leg will do the first front kick*

Progression #5 Shuffle + Double Slide Pivot

1. Start with Shuffle Punch it Out + Double Slide (above)
  2. The front kicks x 2 can become rotating back kicks x 2
- Note: If you shuffle with your right lead, your left leg will do the first back kick. The back kicks will pivot you around to return to the same lead with the target in front of you.*



<b>ALI SHUFFLE = JAB + CROSS + JAB + JAB + CROSS + JAB + CROSS + CROSS + SCISSOR FEET x 8</b>
Counts: 16
Stance: Split
<ol style="list-style-type: none"> <li>1. Hold a Front Jab</li> <li>2. Add a CROSS JAB (half-time)</li> <li>3. Speed it up Jab + Cross (double time)</li> <li>4. 2 of each = JAB x 2 + CROSS x 2 (double time)</li> <li>5. Put it together, (JAB + CROSS + JAB + JAB) + (CROSS + JAB + CROSS + CROSS) = Single - Single - Double</li> <li>6. Add on Scissor Feet x 16 after 16 counts of punches = (Jab + Cross + Jab + Jab + Cross + Jab + Cross + Cross) x 16 counts + SCISSOR FEET x 16 counts</li> <li>7. Break it down to (Jab + Cross + Jab + Jab + Cross + Jab + Cross + Cross) x 8 counts + Scissor Feet x 8 counts</li> </ol>
Progressions #1 Ali Shuffle + Power Lunges x 4
<ol style="list-style-type: none"> <li>1. Start with Ali Shuffle (above)</li> <li>2. The Scissor Feet slow down to half-time = scissor feet x 4</li> <li>3. The half-time scissor feet can become POWER LUNGES x 4</li> </ol>
Progression #2 Ali Shuffle Scissor Feet to Switch
<ol style="list-style-type: none"> <li>1. Start with Ali Shuffle (above)</li> <li>2. The scissor feet x 8 counts can switch you from right lead to a left lead</li> </ol>

<b>TERMINATOR = JAB + JAB + HOOK + JAB + KNEE + KNEE</b>
Counts: 8
Stance: Split
<ol style="list-style-type: none"> <li>1. Front Jab</li> <li>2. Jab + Jab + Hook + Jab + FRONT Knees x 2 (half-time)</li> <li>3. Jab + Jab + Hook + Jab + FRONT Knees x 2 (double time)</li> </ol>
Progression #1 Terminator Knee Strike
<ol style="list-style-type: none"> <li>1. Start with Terminator (above)</li> <li>2. The second knee becomes a "knee strike" by adding a hop/jump and striking your knee into target</li> </ol>
Progression #2 Terminator + Back Kick
<ol style="list-style-type: none"> <li>1. Start with Terminator (above)</li> <li>2. FRONT Knees x 2 become FRONT knee x 1 &amp; BACK kick x 1</li> </ol> <p><i>Note: Right lead = Right Knee &amp; Left Back Kick</i></p>
Progression #3 Terminator + Back Kick + Front Kicks x 4
<ol style="list-style-type: none"> <li>1. Start with Terminator Back Kick (above)</li> <li>2. Add on FRONT KICKS x 4</li> </ol> <p><i>Note: Right lead = Left leg does the back kick and the right leg does the first front kick</i></p>
Progression #4 Terminator + Back Kick + Kick Lunges x 2
<ol style="list-style-type: none"> <li>1. Start with Terminator + Back Kick + Front Kicks x 4 (above)</li> </ol>

2. The front kicks become (front kick x 1 and lunge down x 1) x 2 <i>Note: If right leg does the front kick the left leg drops back into a lunge</i>
<b>Progression #5 Terminator Front and Back</b>
1. Start with Terminator (above) 2. FRONT wall x 4 & BACK wall x 4 3. Break it down FRONT x 2 & BACK x 2 4. Break it down FRONT x 1 & BACK x 1 5. The SECOND knee becomes a SIDE KICK <i>Note: Only do the side kick if you break it down to x 1</i>
<b>Progression #6 Terminator Pivot to Switch</b>
1. Start with Terminator (above) 2. Front Knees x 2 will PIVOT you from your RIGHT lead to your LEFT lead 3. Right lead will pivot during the 2 knees to the LEFT (over left shoulder) 4. Keep your point of view front, but pivot to switch from RIGHT to LEFT lead 5. SECOND knee can become a BACK KICK (to the back wall)

<b>7-UP = JAB + CROSS + JAB + HOOK + JAB + UPPER CUT + SLIP</b>
Counts: 8
Stance: Split
1. Front Jab 2. Add a CROSS JAB = Jab + Cross (double time) 3. Add a Slip = Jab + Cross + Slip 4. (Jab + Cross) x 3 + Slip
<b>Progression #1 7-Up</b>
1. Start with 7-Up (above) 2. 2 punches change = The 4 <sup>th</sup> and 6 <sup>th</sup> punches will change (If doing a right lead 7-up, then the left arm is going to change) 3. Jab + Cross + Jab + HOOK + Jab + UPPER CUT + Slip
<b>Progression #2 7-Up to Switch</b>
1. Start with 7-Up (above) 2. RIGHT wall x 4 3. The SLIP will switch you LEFT 4. Break it Down Right x 2 & Left x 2 5. Break it Down Right x 1 & Left x 1
<b>Progression #3 7-Up Kick to Switch</b>
1. Start with 7-Up (above) 2. RIGHT wall 7-Up x 2 3. JUMPING JACKS x 8 to switch LEFT 4. LEFT wall 7-Up x 2 5. Jumping Jacks x 8 to switch RIGHT 6. Break it down to 7-Up x 1 7. Jumping Jacks x 4 to switch LEFT 8. 7-Up x 1

<p>9. Jumping Jacks x 4 to switch RIGHT</p> <p>10. Jumping Jacks x 4 become Front Kicks x 4</p> <p>11. Front Kicks x 4 become (Front Kick + Back Kick) x 2</p> <p><i>Note: If right lead 7-Up the left leg will do the first front kick.</i></p>
<p><b>Progression #4 7-Up Quarter Turn</b></p>
<p>1. Start with 7-Up (above)</p> <p>2. FRONT Wall 7-Up x 4 &amp; QUARTER TURN side wall 7-Up x 4 (Changing POV on the slip)</p> <p>3. Quarter turn back wall 7-Up x 4</p> <p>4. Quarter turn side wall 7-Up x 4</p> <p>5. Break it Down quarter turn x 2 each wall</p> <p>6. Break it Down quarter turn x 1 each wall</p> <p><i>Note: You can keep your class front &amp; side or take it all the way around the room.</i></p>
<p><b>Progression #5 7-Up Front and Back</b></p>
<p>1. Start with 7-Up (above)</p> <p>2. FRONT Wall 7-Up x 4 &amp; BACK wall 7-Up x 4 (Changing POV on the slip)</p> <p>3. Break it Down front x 2 &amp; back x 2</p> <p>4. Break it Down front x 1 &amp; back x 1</p> <p><i>Note: If right lead 7-Up to the front wall, the left will lead to the back wall.</i></p>
<p><b>Progression #6 7-Up to Flip</b></p>
<p>1. Start with 7-Up (above)</p> <p>2. FRONT Wall 7-Up x 4 and then we will FLIP IT to the back wall staying on the same lead. If right arm is leading your 7-Up, you will flip over your right side while pivoting on your left leg, to face the back wall with your right arm leading.</p> <p>3. Break it Down FRONT wall x 2 &amp; BACK wall x 2</p> <p>4. Break it Down FRONT wall x 1 &amp; BACK wall x 1</p> <p><i>NOTE: 7-Up to Flip stays on the SAME LEAD</i></p>
<p><b>Progression #7 7-Up + Speed Skaters</b></p>
<p>1. Start with 7-Up (above)</p> <p>2. ADD on Slips side to side x 4</p> <p>3. The Slips become SPEED SKATERS x 4</p> <p><i>Note: The slips/speed skaters will bring you into a bilateral stance.</i></p>

<p><b>KNOCK 'EM = JAB + CROSS + HOOK + UPPER CUT</b></p>
<p>Counts: 4</p>
<p>Stance: Split</p>
<p>1. Front Jab</p> <p>2. Jab + Cross + Hook + Upper Cut (R, L, R, L) (half-time)</p> <p>3. Jab + Cross + Hook + Upper Cut (double time)</p>
<p><b>Progression #1 Knock 'Em Scissor Feet</b></p>
<p>1. Start with Knock 'Em (above)</p> <p>2. Add Scissor Feet x 8</p> <p>3. The scissor feet can switch your leads</p>

Progression #2 Knock 'Em + Slips x 2
1. Start with Knock 'Em (above) 2. Add on Slips x 2 <i>Note: When you add on the slips x 2 you will move forward on the punches and the slips will not change your lead</i>
Progression #3 Knock 'Em Slip to Switch
1. Start with Knock 'Em (above) 2. Add on Slips x 2 3. The slips can switch your leads
Progression #4 Knock 'Em + Back Kick
1. Start with Knock 'Em (above) 2. Add on Slips x 2 3. Travel the punches forward and slips x 2 back 4. The second slip becomes a BACK KICK <i>Note: If right lead knock 'em your left leg will do the back kick</i>
Progression #5 Knock 'Em Front Kick
1. Start with Knock 'Em (above) 2. Add on BACK KNEES x 2 (Right lead punch = 2 Left Knees) 3. The second knee can become a FRONT KICK
Progression #6 Knock 'Em Pivot
1. Start with Knock 'Em (above) 2. The Front Kick can become a SIDE KICK and pivot 3. The pivot will change your POV to face the back wall <i>Note: Stay on same lead but pivot from the FRONT wall to the BACK</i>

<b>OFF THE GRID = (JAB + HOOK) x 4 + SCOOT BACK + JAB + SIDE KICK</b>
Counts: 16
Stance: Split
1. Front jab 3. Travel the Jabs forward x 4 4. ADD on SLIPS x 2 + JUMPING JACKS x 2 <i>Note: Stays on the same lead</i>
Progression #1 Off the Grid
1. Add a HOOK x 4 after every jab = (Jab + Hook) x 4 2. (Jab + Hook) x 4 + slips x 2 + Jumping Jacks x 2
Progression #2 Off the Grid
1. Start with Off the Grid (above) 2. The Slips x 2 become a SCOOT IT BACK (reverse shuffle) 3. (Jab + Hook) x 4 + scoot it back + Jumping Jacks x 2
Progression #3 Off the Grid
1. Start with Off the Grid (above) 2. Change POV = Front Wall Off the Grid x 4 (2 jumping jacks to face back wall on

last rep) & Back Wall Off the Grid x 4
4. Break it down FRONT wall x 2 & BACK wall x 2
5. Break it down FRONT wall x 1 & BACK wall x 1
<b>Progression #4 Off the Grid</b>
1. Start with Off the Grid (above)
2. The Jumping Jacks x 2 become a JAB + SIDE KICK
<i>Note: Right lead = Right Jab + Right Side Kick</i>

<b>The JACKIE CHAN = JAB + CROSS + SLIP + SLIP + FRONT KICKS x 5</b>
Counts: 16
Stance: Split
1. Start with a single slip (jab + cross + slip)
2. Add a SLIP x 1 + JUMPING JACK x 1 = jab + cross + slip + slip + jack
3. Jumping Jack becomes a FRONT KICK (right lead = left front kick)
4. Add on FRONT KICKS x 4 = 5 front kicks
5. Jab + Cross + Slip + Front Kicks x 5
<b>Progression #1 Jackie Chan + Back Kick x 1</b>
1. Start with Jackie Chan (above)
2, The last FRONT KICK becomes a BACK KICK
<b>Progression #2 Jackie Chan + Rotating Kicks</b>
1. Start with Jackie Chan + Back Kick (above)
2. Keep the first 2 front kicks and the last 3 kicks become 3 rotating back kicks
<i>Note: The front kicks x 2 and the next 2 back kicks all hit the same target in front of you. The last back kick will aim to the back wall and will bring you back front. It stays on the same lead.</i>
<b>Progression #3</b>
1. Start with Jackie Chan + Front Kick x 5 (above)
2. Keep the first front kick and the last 4 front kicks become SQUATS x 2 (half-time)
3. The squats x 2 can become Burpee x 1

*These sequences become the special sauce of your Urbankick classes. Refer to the Urbankick Video Library for more content.*

## **URBANKICK ATHLETIC & HIIT DRILL PUZZLE PIECES**

Drills are used to elevate heart rate and give the participant a short break from sequencing. Short bursts of H.I.I.T. will help push physical limits and give the body a metabolic boost along with increasing our E.P.O.C.!

The Urbankick training methodology states after the body is warmed up, interval training is a great way to increase metabolism and give the participants a mental break and a physical challenge. It is also a great time to burn it out and bring on the sweat. You can add on an athletic element to a sequence such as adding on squat or burpee or execute a traditional HIIT drill. The difference between an athletic drill and a HIIT is time and intensity. An athletic drill can be 8, 16 or 32 counts of athletic movements such as jacks, speed skaters or squats that are infused into the class or added onto a sequence. A HIIT drill is no longer than 60 seconds of full out activity or work and must be followed by a recovery. You are asking your class to go as hard as they can at that moment. This is where participants go as quickly as they can (while maintaining safe and proper technique) during a short interval set. The intervals can be cardio, strength, power or agility in nature and should not be longer than 60 seconds of full out activity followed by 10-60 seconds of recovery.

### **Interval Work/Rest Ratios**

You can use time (seconds) or counts (beats) of the music to “time” your work to rest ratios. Do NOT fake the time. If you are asking your class to go high intensity for 20 seconds, make sure it is a true 20 seconds.

Example 1: Dirty 30's = 30/15sec x 3

- 30 seconds of Speed Skaters
- 15 seconds of recovery jog
- Your REST is ½ the time of your WORK

Example 2: (TABATA) = 20/10sec x 8

- 20 seconds of jump squats
- 10 sec of recovery jog
- Repeat 20/10 8x for a total of 4 minutes
- Your REST is ½ the time of your WORK

Example 3: (1/2 TABATA) = 20/10sec x 4

- 20 seconds of mountain climbers
- 10 seconds of plank hold\*
- Repeat 20/10 4x for a total of 2 minutes
- Your REST is ½ the time of your WORK
- \*Active recovery plank

Example 4: Pyramid Progression = 10/10sec, 15/15sec, 20/20sec

- 10 seconds of sprints & 10 seconds of squat hold\*
- 15 seconds of sprints & 15 seconds of squat hold
- 20 seconds of sprints & 20 seconds of squat hold
- Equal Work and Rest ratios
- \*Active recovery squat
- Intervals can be time based (as above) or repetition based

Example 5: Pyramid Regression = 32/32reps, 16/16reps, 8/8reps

- 32 counts of star jumps/jacks & 32 counts of slips side to side
- 16 counts of star jumps/jacks & 16 counts of slips side to side
- 8 counts of star jumps/jacks & 8 counts of slips side to side
- Equal Work and Rest ratios
- Note: As intervals decrease in duration, ask class to increase intensity
- Intervals can be repetition based (as above) or time based

Example 6: Blind Work/Rest Ratios (10, 15, 20, 25, 30) HARD!!!

- Road Map: 5 options of equal work/rest ratios
- Road Map: Identify the exercise = Burpees
- Road Map: Class will not know duration of each interval = blind
- Road Map: Do all 5 sets back to back
- Do sets in any order: (20, 10, 15, 30, 25) OR (15, 30, 25, 10, 20) etc.

Squats/Jump	
Jump Turns	
Jumping Jacks	
Power Jacks	
Surfer Jumps	
Fwd Jump/Scoot	
Lunges/Split	
Jog/High Knees	
Kick Lunges	
Tuck Jumps	
Burpees	
Speed Skaters	
Lateral Lunges	
Scissor Legs	
Speed Bag	
Plank Hops	
Mtn Climbers	
Donkey Kicks**	Only for advanced UK
Quick Feet	
Push-Ups	
Spider Push-Ups	
Scorpion	
Rev Crab Walk	



## CHAPTER 6 | CREATING FLOW & DESIGN

We know every Urbankick class starts with a warm-up and ends with a cool-down, so let's discuss the 2 puzzle pieces that make up the special sauce of the class.

You can put the sequence and drill/H.I.I.T. puzzle pieces together however you like using basic Urbankick transitions or movements we call **GLUE**. How you put the puzzle pieces together is **UP TO YOU!** If your class loves sequences, you can string them together for non-stop sequencing or do an intense series of athletic or H.I.I.T. drills for an athletic conditioning approach. Remember, the Urbankick class never stops. We create **FLOW** with seamless transitions from one puzzle piece to the next using glue to keep your class moving while you cue the road map for the next drill or sequence.

### **GLUE | Stick your puzzle pieces together for Urbankick flow**

- Single Slip (J-C-Slip)
- Jab it Out (Hold a front jab)
- Jumping Jacks
- Jog it Out
- Slips
- Squats/Burpees
- Scissor Feet

Put the puzzle pieces together however you want and change it from class to class to create a familiar yet different experience for the participant. Another benefit of being able to design your class is using the 2 training types, (steady state and high intensity) to continually challenge and improve the overall physiological benefits for your class participants.

### **EASY PUZZLE PIECE FORMATTING | SEQUENCES & DRILLS/HIIT**



\*The Urbankick format requires sequences be performed on both sides of the body. Performance of movement from both a right and left lead allows for body symmetry and muscle balance.

## CLASS DESIGN TEMPLATES | CLASS DESIGN OPTIONS

The following section offers 3 separate class templates ready to teach! Simply teach your warm-up and dive into the content provided. With each of the templates, you can apply a different design option, each of which are described below. Also, if you want to see a full 30min class in action, check out Urbankick classes at [BooyaFitness](#) and try a month for free!

### CLASS DESIGN OPTION #1 “One and Done” Level: Beginner to Advance

This class design is a simple formula that does not require your class to remember a ton of content. You will teach each sequence in isolation and not take it from the top. Once you teach one sequence, move on to the next and don't repeat the previous sequence. Switch your leads after puzzle #4 and repeat the previous sequences on the opposite lead. This set will progress quicker as the class has already seen the sequences. At this point you have taught puzzle pieces #1-#4 on both leads. From there, repeat the formula with puzzle pieces #5-#7 and switch your leads after #7.

### CLASS DESIGN OPTION #2 “Build a Block” Level: Intermediate to Advance

This class design is a TON of fun and has awesome flow but requires the class to retain content. This design allows you to build a combination of sequences and add on from the top. We recommend doing 32 counts of each sequences to keep the design simple as you add on and take it from the top.



<b>TEMPLATE #1</b>
<p><b>#1 DOUBLE UP + BACK KICK</b> (Jab + Cross + Jab + Cross + Slip + Back Kick)  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Double it Up = Jab + Cross + Jab + Cross + Slips x 2  <i>CUE:</i> Travel Punches Forward + Slips x 2 Back  <i>CUE:</i> The second slip can become a BACK KICK (right lead jab = left back kick)</p>
<p>GLUE: Knees Up</p>
<p><b>#2 SUPERMAN</b> (Front Kick + Front Kick + Front Kick + Back Kick)  <i>CUE:</i> Hold KNEES UP x 4 + Taps Side to Side x 4  <i>CUE:</i> The knees become FRONT KICKS x 4 + taps side to side x 4  <i>CUE:</i> The LAST kick becomes a BACK KICK  <i>CUE:</i> Front Kicks x 3 and Back Kick x 1 + taps side to side x 4  <i>CUE:</i> Keep the KICKS and drop the taps = Front Kicks x 3 + Back Kick x 1</p>
<p>GLUE: Jab It Out</p>
<p><b>#3 ROCK THE BOAT</b> (Jab + Cross + Slip + Slip + Slip)  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Add on Slips x 2  <i>CUE:</i> Jab + Cross + (Slips x 3)</p>
<p>GLUE: Slip Side to Side</p>
<p><b>#4 HIIT DRILL BURPEES</b> (20/10 x 4)  <i>CUE:</i> Demonstrate the Squat, Squat Jump or Burpee  <i>CUE:</i> 20 seconds work and 10 seconds jog recovery for 4 sets</p>
<p>GLUE: Jab It Out</p>
<p><b>#5 HUMPTY DUMP</b> (Jab + Jab + Jab + Side Kick)  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> Travel the Jab x 4 (front and back)  <i>CUE:</i> The last jab becomes a Jumping Jack (Jabs x 3 + Jumping Jack x 1)  <i>CUE:</i> The Jumping Jack becomes a Knee Up (Jabs x 3 + Knee x 1)  <i>CUE:</i> The Knee Up becomes a Side Kick (Jabs x 3 + Side Kick x 1)</p>
<p>GLUE: Jab It Out</p>
<p><b>#6 TERMINATOR + KNEE STRIKE</b> (Jab + Jab + Hook + Jab + Knee + Knee)  <i>CUE:</i> Jab + Jab + Hook + Jab + Front Knees x 2 (half-time)  <i>CUE:</i> Jab + Jab + Hook + Jab + Front Knees x 2 (double time)  <i>CUE:</i> Second Knee becomes a Knee Strike  <i>CUE:</i> Jab + Jab + Hook + Jab + Knee up and Strike</p>
<p>GLUE: Jab It Out</p>
<p><b>#7 DOUBLE DOG DARE</b> (Jab + Cross + Slip + Jumping Jack)  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Add on Jumping Jacks x 2  <i>CUE:</i> Switch Leads on the Jumping Jacks x 2 from right to left and left to right  <i>CUE:</i> The Jumping Jack becomes a Power Jack x 1</p>
<p>GLUE: Jumping Jacks</p>

<b>TEMPLATE #2</b>
<p><b>#1 TRIPLE SHOT W/ BACK KICK</b> (Jab + Jab + Jab + Hook + Slip + Back Kick)  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> Jabs x 3 + Hook x 1 (half-time)  <i>CUE:</i> Speed it up DOUBLE TIME  <i>CUE:</i> Move it forward + add on SLIPS BACK x 2  <i>CUE:</i> The SECOND SLIP becomes a Back Kick</p>
<p>GLUE: Jab It Out</p>
<p><b>#2 KARATE KID</b> (Jab + Cross + Slip + Jab + Cross + Slip + Front Kick + Back Kick + Front Kick)  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Single Slip Front Wall x 4 and Back Wall x 4  <i>CUE:</i> Single Slip Front Wall x 2 and Back Wall x 2K  <i>CUE:</i> Single Slip Front Wall x 1 and Back Wall x 1  <i>CUE:</i> Add on Jumping Jacks x 4  <i>CUE:</i> The Jumping Jacks x 4 become Front Kicks x 4  <i>CUE:</i> The Front Kicks x 4 become a (Front Kick x 1 Back Kick x 1) x 2</p>
<p>GLUE: Jab It Out</p>
<p><b>#3 ALI SHUFFLE</b> (Jab + Cross + Jab + Jab + Cross + Jab + Cross + Cross + Scissor Feet x 8)  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> Add a CROSS JAB (half-tme)  <i>CUE:</i> Double Jab, Double Cross (Jab x 2 + Cross x 2) (half-time)  <i>CUE:</i> Put together = (Jab + Cross + Jab + Jab + Cross + Jab + Cross + Cross) (half-time)  <i>CUE:</i> Speed it Up (double time)  <i>CUE:</i> Add on Scissor Ft x 8 = Jab + Cross + Jab x 2 + Cross + Jab + Cross x 2 + Sc Ft x 8  <i>CUE:</i> Scissor Feet to switch to change your lead</p>
<p>GLUE: Hold scissor feet</p>
<p><b>#4 ATHLETIC DRILL SCISSOR FEET/PWR LUNGES &amp; JOG</b> (16 counts)  <i>CUE:</i> Scissor Feet or Power Lunge for 16 counts and easy jog for 16 counts (4 sets)</p>
<p>GLUE: Jab It Out</p>
<p><b>#5 SINGLE SLIP ¼ TURN</b> (Jab + Jab + Slip)  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> Single Slip = Jab + Cross + Slip  <i>CUE:</i> Front Wall x 4 and Side Wall x 4  <i>CUE:</i> Front Wall x 2 and Side Wall x 2  <i>CUE:</i> Front Wall x 1 and Side Wall x 1</p>
<p>GLUE: Jab It Out</p>
<p><b>#6 JAB + SIDE KICK</b> (Jab + Side Kick) Front and Back  <i>CUE:</i> Jab Front Wall x 2 and Back Wall x 2  <i>CUE:</i> The second jab can become a Jumping Jack = Jab + Jack  <i>CUE:</i> The jack can become a knee up = Jab + Knee Up  <i>CUE:</i> The knee up can become a Side Kick = Jab + Side Kick</p>
<p>GLUE: Jab It Out</p>
<p><b>#7 OFF THE GRID</b> (Jab + Hook) x 4 + Scoot it Back + Jab + Side Kick)  <i>CUE:</i> Hold a front jab  <i>CUE:</i> Travel Jabs Forward x 4 + Slips x 2 + Jumping Jacks x 2  <i>CUE:</i> Add a HOOK after each Jab  <i>CUE:</i> (Jab + Hook) x 4 + slips x 2 + Jumping Jacks x 2  <i>CUE:</i> 2 Slips become a SCOOT IT BACK (reverse shuffle)  <i>CUE:</i> FRONT WALL x 4 (2 jumping jacks to face back wall on last rep)  <i>CUE:</i> BACK WALL x 4 (2 jumping jacks to face front wall on last rep)  <i>CUE:</i> Break it down FRONT x 2 &amp; BACK x 2  <i>CUE:</i> Break it down FRONT x 1 &amp; BACK x 1  <i>CUE:</i> Jumping Jacks x 2 = Jab + Side Kick (Right lead = R Jab + R Side Kick)</p>
<p>GLUE: Jumping Jacks</p>

<b>TEMPLATE #3</b>
<p><b>#1 7-UP + SLIPS/SPEED SK8</b> (Jab + Cross + Jab + Hook + Jab + Upper Cut + Spd Sk8 x 4)  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Jab + Cross) x 3 + Slip x 1  <i>CUE:</i> Punches change to a Jab-Cross-Jab-HOOK-Jab-UPPERCUT + Slip x 1  <i>CUE:</i> Adding On Slips x 4 = After every 7-Up add on 4 slips side to side  <i>CUE:</i> The Slips x 4 become SPEED SK8 x 4</p>
<p>GLUE: Jab It Out</p>
<p><b>#2 5 HUMPTY DUMP</b> (Jab + Jab + Jab + Side Kick)  <i>CUE:</i> Hold a Jab  <i>CUE:</i> Travel the Jab x 4 (front and back)  <i>CUE:</i> The last jab becomes a Jumping Jack (Jabs x 3 + Jumping Jack x 1)  <i>CUE:</i> The Jumping Jack becomes a Knee Up (Jabs x 3 + Knee x 1]  <i>CUE:</i> The Knee Up becomes a Side Kick (Jabs x 3 + Side Kick x 1]</p>
<p>GLUE: Jab It Out</p>
<p><b>#3 ROCK THE BOAT + JOG/HIGH KNEES</b> (Jab + Cross + Slip + Slip + Slip) + Jog  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Add on Slips x 2  <i>CUE:</i> Jab + Cross + (Slips x 3)  <i>CUE:</i> Add on Jog or High Knees for 8 counts = Rock the Boat x 1 + Jog/High Knees (8 counts)</p>
<p>GLUE: Hold scissor feet</p>
<p><b>#4 HIIT DRILL SPRINTS</b> (30/15 x 3)  <i>CUE:</i> Give option to jog, sprint or high knees at best effort for 30 seconds and easy jog for 15 seconds</p>
<p>GLUE: Jab It Out</p>
<p><b>#5 KNOCK 'EM SLIP TO SWITCH</b> (Jab + Cross + Hook + Upper Cut + Slip + Slip)  <i>CUE:</i> Hold a Jab  <i>CUE:</i> Add a Cross Jab (half-time)  <i>CUE:</i> Jab + Cross + Hook + Upper Cut (half-time)  <i>CUE:</i> Speed it up DOUBLE TIME  <i>CUE:</i> Add on Slips x 2  <i>CUE:</i> Travel Knock 'Em forward + Slip x 2 Back  <i>CUE:</i> The second slip will switch you from right to left lead and left to right</p>
<p>GLUE: Jab It Out</p>
<p><b>#6 TERMINATOR FRONT &amp; BACK</b> (Jab + Jab + Hook + Jab + Knee + Side Kick)  <i>CUE:</i> Hold a Jab  <i>CUE:</i> Jab + Jab + Hook + Jab + Front Knee x 2 (half-time)  <i>CUE:</i> Speed it Up Double Time  <i>CUE:</i> Front Wall Terminator x 4 &amp; Back Wall Terminator x 4 (R front and L back)  <i>CUE:</i> Break it down FRONT wall x 2 and BACK wall x 2  <i>CUE:</i> Break it down FRONT wall x 1 and BACK wall x 1  <i>CUE:</i> The second knee becomes a SIDE KICK (right knee + right side kick)</p>
<p>GLUE: Jab It Out</p>
<p><b>#7 SINGLE SLIP KICK TO SWITCH</b> (Jab + Cross + Slip + Front Kick + Back Kick)  <i>CUE:</i> Single Slip (Jab + Cross + Slip)  <i>CUE:</i> Add on Jumping Jacks x 2  <i>CUE:</i> The Jumping Jacks x 2 will switch your lead = Single Slip + Jacks x 2 to switch  <i>CUE:</i> The jumping jacks x 2 can become a Front Kick + Back Kick to switch  <i>CUE:</i> If right jab lead the left leg will do the front kick</p>
<p>GLUE: Jog It Out</p>

## **CLASS DESIGN TIPS AND CONSIDERATIONS**

### **Using Glue to Create Flow | Consider Your Stance**

If you are finishing a sequence in a split stance some of the best pieces of glue are;

- Jab it Out (Hold a front jab)
- Single Slip (J-C-Slip)
- Jumping Jacks
- Jog it Out

You can put as many pieces of glue back to back as needed to create and maintain *FLOW*. Note, if your sequence ends in a **back kick**, going into slips side to side is awkward and needs to be avoided. There are always exceptions to the rule but be mindful of your lead and whether or not the transition is safe and smooth. If you want to transition into a bi-lateral stance, you can add SLIPS SIDE TO SIDE **AFTER** any of the above pieces of glue and it will bring you front.

### **Choosing a Sequence or an Athletic Drill or HIIT | Consider Intensity**

What kind of class do you want to teach? Do you want to create a more steady-state experience for your class using sequences back to back, or utilize more peaks and valleys with intensity by incorporating more drills? Teaching a 4 count sequence is a different experience than a 16 count sequence. Ask these questions when you are designing your class to create a fun and balanced experience.

- Do I want more steady state training or high intensity training
- Are the sequences 4, 8 or 16 counts & difficulty to progress
- How many athletic drills and duration for each
- Balance the workout: punches vs kicks vs drills
- After warm-up: do I start with a sequence or athletic drill/HIIT

### **Equality & Balancing Lead | Consider Switching Sequences**

Not all sequences are created equal! Some, just by the nature of their design will switch sides allowing both sides of your body equal exposure in leading, while others do not. MOST sequences only have one lead and need to be performed twice throughout the class but here are some examples of sequences that can follow the “one and done” rule. Although not required, these sequences are usually performed twice so both leads are completed, but they CAN be performed just one time.

- Double Dog Dare
- 3-Jab + Side Kick
- Humpty Dump
- Shuffle Punch It Out
- Bob & Weave
- Off the Grid

Also, many sequences have progression options that “switch” them so you perform both leads. Here are some examples.

- Triple Shot Slip to Switch
- Terminator Pivot
- Ali Shuffle Scissor Switch
- The Duck Scissor Switch
- 7-Up to Switch OR 7-Up Kick to Switch
- Shuffle Slip to Switch
- Knock ‘Em Slip to Switch
- Single Slip Kick to Switch

### **Creating Tiny Successes | Consider Experience Level of Class**

For more beginner classes or those classes that want a more athletic and HIIT based experience, you can do one sequence followed by a HIIT, and move on to a different sequence, never repeating the first. This way you don’t require your class to recall the previous sequence, instead just moving on to create another success for them without asking them to memorize the previous sequence puzzle pieces. Over time, this recall will become easier for your class and you can challenge them with more sequencing if you want.

### **Length of Class | How to Plan for 30min - 45min - 60min**

The Urbankick class format can be anywhere between 30-60 minutes in duration. When you are designing the class, consider the intensity of the sequence/drill selection as it relates to the total time. To create a challenging and balanced workout consider these guidelines below.

#### **30min**

Warm-up: Punches and Dynamic Low body = (4-5min)

Cardio: Sequences & Drills (3-4) Drills (2-3) = (20min)

Cool Down: Punches and Dynamic Low body + Static Stretches = (4-5min)

#### **45min**

Warm-up: Punches and Dynamic Low body = (5-6min)

Cardio: Sequences & Drills (4-6) Drills (3-4) = (35min)

Cool Down: Punches and Dynamic Low body + Static Stretches = (4-5min)

#### **60min**

Warm-up: Punches and Dynamic Low body = (6-8min)

Cardio: Sequences & Drills (6-8) Drills (4-5) = (45min)

Cool Down: Punches and Dynamic Low body + Static Stretches = (4-5min)

## CLASS DESIGN PRACTICE

Choose 7 puzzle pieces (6 Sequences and 1 Drill/HIIT) and design a 7 puzzle-piece mini class demonstrating the following key elements;

1. What glue you will use to stick the puzzle pieces together
2. What lead you start with
2. How/When you switch leads to teach the sequences on both your left & right leads
3. HIIT: # intervals and the work/rest ratios & exercises

GLUE: Slips and Rotations (Right Lead)

PUZZLE # 1

PUNCHES: (Left Lead) Front Jab + Cross Jab + Hooks + Upper Cuts

GLUE: Slips (Right Lead)

PUZZLE # 2

DYNAMIC LOW BODY: (Right Lead) Squats, Reverse Lunges, Frankensteins, Lateral Lunges

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:



PUZZLE #

GLUE:

PUZZLE #

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PUZZLE #

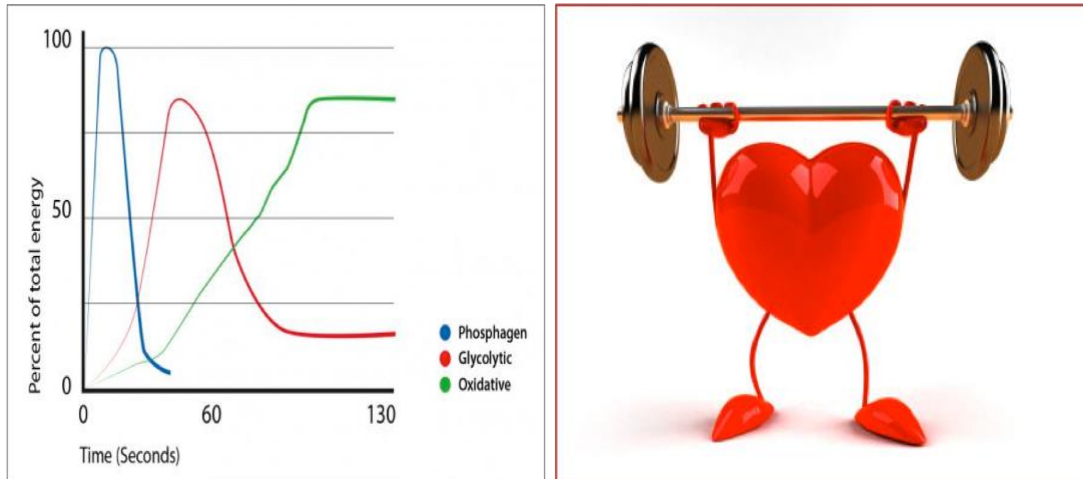
GLUE:

PUZZLE #

## CHAPTER 7 | URBANKICK SCIENCE—BEHIND THE SCENES

### ***CARDIORESPIRATORY TRAINING (Steady State) & H.I.I.T.***

The Urbankick class seamlessly flows from steady-state endurance training into short bursts of H.I.I.T. (High Intensity Interval Training) for a non-stop, athletic workout. Combining both cardiorespiratory training methods into one class ensures numerous metabolic, physical and psychological benefits and adaptations.



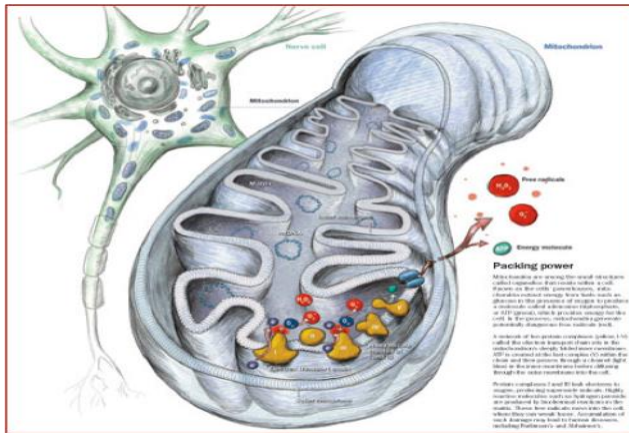
Typical endurance training is performed at moderate intensity or an exertion level of 5-7 on a scale of 1-10 (10 being maximal effort). This moderate intensity is maintained for time periods longer than 2 minutes. H.I.I.T. intervals are performed at an exertion level of 7 or higher and can only be sustained for 30 seconds or less. Adding short intervals of H.I.I.T. exercises or drills to an Urbankick class helps boost the overall caloric expenditure and can result in positive physiological adaptations.

### ***METABOLIC BENEFITS & ADAPTATIONS***

#### **• FAT OXIDIZATION**

Safely performing a H.I.I.T. program results in a number of metabolic adaptations in the body including: an increase in levels of oxidative enzymes (protein in mitochondria of the cell) which leads to more effective fat and carbohydrate breakdown for fuel. By increasing the number and size of the mitochondria (your fat-burning powerhouse), in the cell, you increase your ability to burn fat.

The nature of H.I.I.T. programs show that fat oxidation was significantly higher than carbohydrate burning over a 6-week period. Incorporating H.I.I.T. training into every Urbankick class increases the body's ability to burn fat.



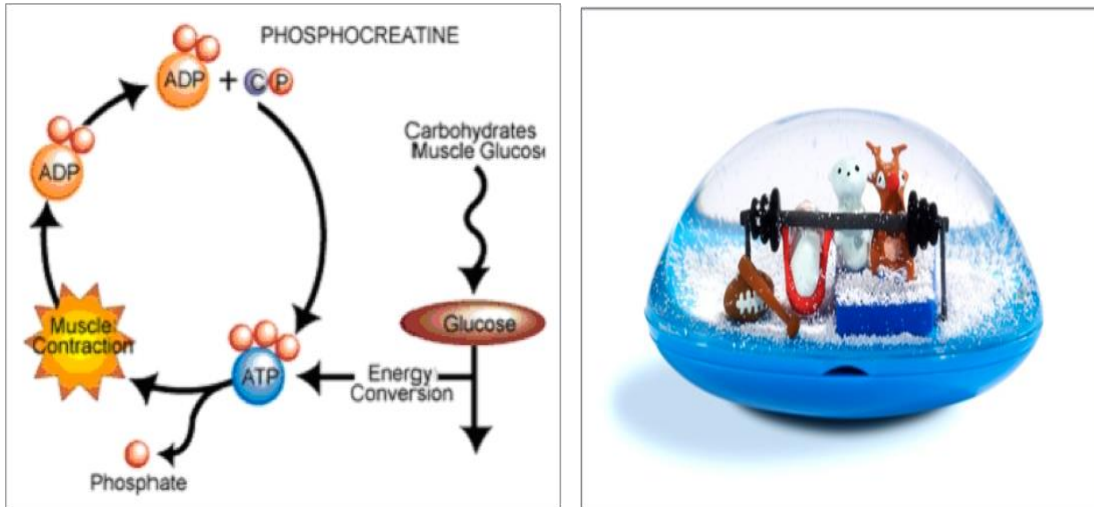
#### • **CALORIC EXPENDITURE**

The Urbankick participant can expect to burn at *minimum* 450-500 calories within a one-hour workout. An exercise study conducted by Len Kravitz, PH.D. found that on average, participants burn 8.3 calories per minute with a combination of upper and low body movements like punches and kicks. Urbankick ensures a great cardiovascular workout, but on top of that, participants also improve flexibility, muscular strength, coordination, confidence and overall well-being. The Urbankick format incorporates H.I.I.T. into every class, which increases caloric expenditure above that of an hour of steady-state, moderate aerobic activity.

#### • **ANAEROBIC ADAPTATIONS**

Anaerobic capacity refers to the ability to regenerate energy (ATP) through glycolysis. Work periods lasting 30 seconds to 2 minutes target improvements in anaerobic capacity by using anaerobic glycolysis as the predominant energy system. These short, intense work periods, with recovery intervals repeated two to four times, increase muscle glycolytic enzyme activity.

As a result, glycolysis can regenerate ATP more quickly for muscle contraction and can improve the ability to buffer the muscle acidosis that occurs when there is a large dependence on oxygen-independent (anaerobic) metabolism. Increasing your ability to regenerate ATP means you can work harder and for a longer period of time with less time needed to recover.



• ***EPOC—Disturb the Force!***

Excess Post Exercise Oxygen Consumption, or EPOC, means that more intense workouts require a greater oxygen uptake, therefore, the body’s return to stasis (balance) takes longer. During a H.I.I.T. training session a person consumes more oxygen than in slower, endurance exercises such as walking, running or cycling. This increase in oxygen consumption will increase your post-exercise metabolism or oxygen consumption.

After an exercise session, oxygen consumption (and thus caloric expenditure) remains elevated as the working muscle cells restore physiological and metabolic factors in the cell to pre-exercise levels. This translates into higher and longer calorie burning after exercise has stopped.

This means more calories are burned even after you stop exercising while the body works to return to a balanced state. Research has shown one session of H.I.I.T. burns calories for 1.5 - 24 hours after exercise.

## **PHYSICAL BENEFITS & ADAPTATIONS**

### **• STRENGTH**

Most body-weight training exercises are closed-chain exercises, which use multiple joints as the resistance is moved away from or toward an anchored body part. Closed-chain exercises, which are more functional, result in greater motor unit activation and synchronization and better strength performance compared with open-chain exercises, such as a bicep curls, which targets muscles rather than movements.



By performing body-weight training exercises, your participants will learn how to train three-dimensional movement, acquire a greater kinesthetic awareness and become empowered as they perform tasks with their bodies.

### **• CARDIOVASCULAR**

Improving heart function during exercise has long been a promise of cardiovascular endurance training. Continuous endurance exercise improves heart function during exercise by thickening the heart muscle and increasing the stroke volume (the amount of blood pumped per beat).

Urbankick expertly combines endurance training and H.I.I.T. with our continuous flow of movement. Adding H.I.I.T. to your workout can;

- Significantly increases aerobic and anaerobic fitness
- Decreases fasting insulin and increased insulin sensitivity
- Reduces abdominal and subcutaneous (just under the skin) fat
- Boost the performance of competitive athletes
- Improve the health of recreational exercisers
- Provide the benefits of continuous-endurance training with fewer workouts

H.I.I.T. has shown a 10% greater improvement in stroke volume than slow distance running. VO<sub>2</sub>max is considered the body's upper limit for consuming, distributing and using oxygen for energy production. Commonly called maximal aerobic capacity, VO<sub>2</sub>max is a good predictor of exercise performance. Improving cardiovascular function increases the body's VO<sub>2</sub>max. Some research suggests that H.I.I.T. is better than endurance training for improving VO<sub>2</sub>max.

- **POWER**

Safely performed plyometric exercises, such as: jump squats, skips, jumping jacks, and star jumps to name a few, help build power and speed, develop coordination and agility, improve sports performance and aid in injury prevention.



Most people can be safely introduced to lower-intensity plyometrics. Low-amplitude squat jumps can introduce the stretch-shortening cycle, improve type II muscle fiber recruitment and provide beneficial bone-strengthening, weight-bearing forces. However, to provide a safe training experience, instructors should ensure that each participant demonstrates minimal knee valgus and consistent spinal bracing during the landing phase from a minimal height.

- **AGILITY**

Agility training provides the participant with performance benefits: neuromuscular adaptation, improved athleticism, injury prevention and decreased rehabilitation time. When instructing participants on the execution of agility exercises it is critical to instruct them on technique as a priority and speed of movement only after technique has been mastered.

High knees, lateral shuffles, leg kicks and forward and backward running are examples of some drills that are performed during an Urbankick class. Several benefits will be derived from these multi-directional movements such as increased body control resulting from a concentrated form of kinesthetic awareness, better injury prevention and coordination.

- **FLEXIBILITY & BALANCE**

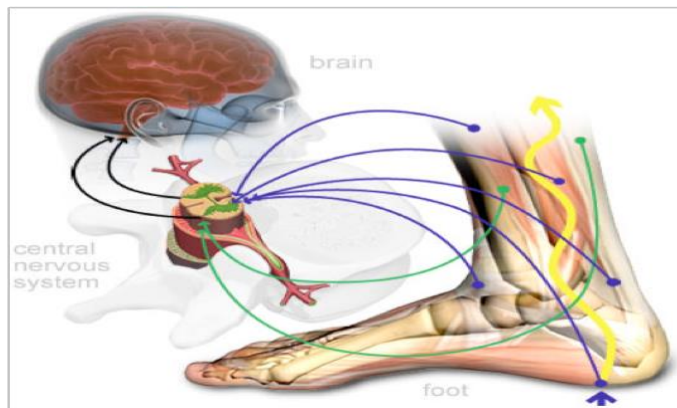
Proper execution of the punches, kicks and total-body rotations, throughout the warm-up and class will improve dynamic flexibility, range of motion (ROM) through the joints as well as dynamic balance. Maintaining proper ROM through the joints improves and maintains correct posture and flexibility throughout the aging process and the increase in flexibility decreases muscle tension, muscle imbalances and the risk of injury.



Dynamic balance is the ability to maintain control over the body while in motion. When the body is in motion, various feedback from the body, such as sight, kinesthetic awareness and perturbations, are made by the nervous system to adjust the center of gravity. Agility is closely aligned with balance by requiring athletes to regulate shifts in the body's center of gravity, while subjecting them to postural deviation.

- **PROPRIOCEPTION**

Proprioception is the body's ability to transmit a sense of position, analyze that information and react (consciously or unconsciously) to the stimulation with the proper movement. Put simply, it is the ability to know where a body part is without having to look.

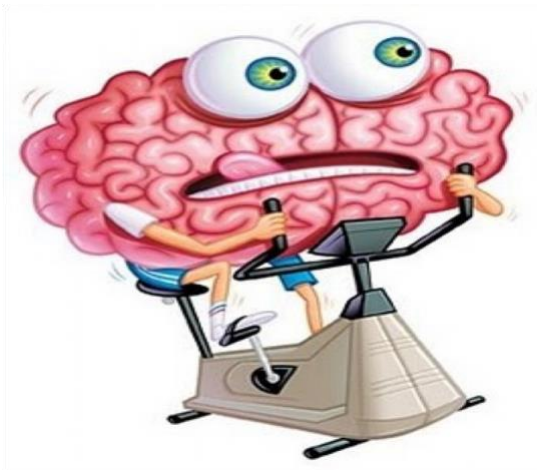


Taken as a whole, proprioception includes balance, coordination and agility because the body's proprioceptors control all these factors. Proprioceptors consist of both sensory and motor nerves that send and receive impulses to and from the central nervous system from stimuli within the skin, muscles, joints and tendons (Houglum 2001). These impulses transmit vital information, such as the amount of tension in a given muscle and the relative position of a body part during a given movement.

By improving their proprioception, clients can gain the balance skills necessary to maintain stability; hone their agility so they can quickly change direction when necessary; and fine-tune coordination skills so they can perform physical activities accurately and consistently. Proprioception exercises reduce the risk of injury by teaching the body to react appropriately to sudden changes in the environment. A good sense of proprioception is vital for many fitness activities.

### **PSYCHOLOGICAL BENEFITS**

Participants have described Urbankick as a “sweat party,” and over and over again, people are shocked to realize that an hour of vigorous activity evaporates so quickly...and the reason is because they are having so much FUN. Participants get into the groove and become energized by the other members, the instructor, music, upbeat environment and the fact that the workout never feels like work. They're exercising just as hard; however, what they lack in other classes is the fun factor; that WOW factor that leaves them stunned when it's over “so fast,” while standing in a pool of sweat.



When we participate in something we love and feel joy doing it, we reap benefits in all aspects of our lives. Those psychological benefits may help with:

- ***STRESS REDUCTION***

Exercise attacks stress in two ways, according to Matthew Stults-Kolehmainen, Ph.D., a kinesiologist at the Yale Stress Center. He told HuffPost Healthy Living that raising one's heart rate can actually reverse damage to the brain caused by stressful events: "Stress atrophies the brain -- especially the hippocampus, which is responsible for a



lot, but memory in particular. When you're stressed, you forget things."

Exercise, by contrast, promotes production of neurohormones like norepinephrine that are associated with improved cognitive function, elevated mood and learning. And that can improve thinking dulled by stressful events -- some research even shows how exercise can make you smarter.

In fact, many researchers posit that improved communication could be the basis of both greater reserves of the neurochemicals that help the brain communicate with the body *and* the body's improved ability to respond to stress. The American Psychological Association reported:

[Exercise] forces the body's physiological systems -- all of which are involved in the stress response -- to communicate much more closely than usual: The cardiovascular system communicates with the renal system, which communicates with the muscular system. And all of these are controlled by the central and sympathetic nervous systems, which also must communicate with each other. This workout of the body's communication system may be the true value of exercise; the more sedentary we get, the less efficient our bodies in responding to stress.

#### • **IMPROVE MEMORY**

Every Urbankick class assists in improving memory! Incorporating fun, easy to learn choreography that is performed on both sides of the body keeps the brain sharp, especially as we age. New research about cognition has yielded vital clues regarding optimal ways to learn movement through visualization. Neuroscientists have discovered that learning and performing new movement utilizes regions of the brain that may help to improve memory as we age.

Emily S. Cross, a dancer turned neuroscientist at the Max Planck Institute for Cognitive and Brain Sciences in Leipzig, Germany, created a landmark study on dancers' brains. Cross takes the mirror neuron theory (originally intuited by Lulu Sweigard and Mabel Todd), into the realm of dance and visual learning. She discovered that learning steps (and choreography) are accelerated whenever dancers watch a movement sequence they have performed before. Observation of the same movement patterns deepens the neural grooves placed there by actually performing the steps.

Cross' work has established the neurological roots of movement visualization principles. She uses functional magnetic resonance imaging (fMRI) to map areas of the brain that are engaged when dancers observe movement. Cross states, "My work supports the common intuition that a combination of observation and physical rehearsal is the best way to learn new work; performing along with an expert demonstrator standing in front of the learner, facing away from the learner so that the right arm is mapped on to the right arm and so on, is ideal."

Challenging the body and brain with new movement and choreography may well have unforeseen benefits. The neuroscience buzz-word du jour is "brain plasticity," which means the ability to go on learning well into life. Crossword puzzles are a great way to

exercise the brain, but they don't hold a candle to stretching the body and brain with new choreography. When you learn and move simultaneously, you engage more regions of the brain.

“Dancing is like a double whammy,” says Cross. “It engages cognitive and physical processes, which is why dance is a great way to study the brain. It allows us to glimpse how the brain can multitask so effectively.”

Every Urbankick instructor demonstrates the sequencing break-down with the class “watching and doing.” In short, by incorporating sequencing into every Urbankick class, you exercise more regions of the brain, which encourages brain plasticity and improves memory.

## CHAPTER 8 | ROCK THE URBANKICK SWAGGER

Any workout you do or teach is simply a script. A list of exercises or a plan to achieve a certain result. *How* you teach and deliver the content to your participants is what separates a great experience for our classes from a mediocre or negative experience. To ensure our classes have the best experience possible, we highlight our instructor best practices and go back to our progression principle to help create as many tiny successes for our participants as possible. At the end of the day, we want our participants to feel better about themselves when they walk out of our class than when they walked in.

Creating a positive environment can help increase the self efficacy of our participants. This differs from self confidence in that self efficacy is tied to a particular task rather than a general feeling of self confidence. How we progress the exercises, the words and cues we use and the community we create all impact and potentially increase the self efficacy of our participants.

- **SELF-EFFICACY**

Self-Efficacy is the belief that you can successfully execute a course of action to produce a desired response or the belief that you can perform a particular task.

Self-efficacy is important because with appropriate skills and sufficient motivation, self-efficacy is the major determinant of success. Research has shown that athletes with high self-efficacy will try harder, persist longer in the face of failure, choose more challenging tasks, experience more positive emotions and be less stressed/anxious. They will have healthier attributions. We also know that when we feel the success of achieving a particular task or goal, this can have success momentum. We start to believe in our ability to do something else because we had success with one task. For example, maybe a participant has the goal to do one burpee and with practice and support from the instructor they achieve that goal. What happens next is we start to think, “wow, if I can do a burpee, maybe I can do.....” and the success we achieved from one task can snowball into our belief we can do something else.

There are a number of antecedents that have a great impact on creating strong self-efficacy. The top three being;

- Success with a **past experience**,
- **Vicarious experience**: watching someone else perform successfully and
- **Verbal persuasion**: feedback or motivational statements from coaches, teammates or someone that believes you can do it and verbalizes it.

We will discuss each in more detail and how these antecedents are shape how we teach.

- **Past Experience**

It is our job as instructors to create a positive experience for every person that attends our class. We have one chance to make a positive first impression and the likelihood that someone will return to a class if they have a negative experience is very low. If someone has a positive past experience they will likely repeat the experience; e.g. return to class.

To ensure that everyone has a positive and empowering experience in our class we follow our progression principle by creating as many tiny successes throughout the class for our participants as possible. This is why we progress exercises rather than regress or offer modifications. If we have done our job properly, we will instruct our class through a properly progressed sequence or exercise, ensuring that each person has the option to progress if they want. It is the safest way to instruct class and offers the most opportunities for the participants to feel successful and empowered.

- **Vicarious experience**

You don't have to be the sole motivator in class. Other participants can be the best motivators around. Creating a positive community by highlighting the great effort or the positive attitude of a participant can help motivate another person to try something new. When a member of class sees another participant working hard, trying something new or doing an exercise we start to say to ourselves, "Wow, if she/he can do it, maybe I can do it too!" We are struck with the possibility of achieving a task because we see someone else doing it and that can motivate us to try.

- **Verbal persuasion**

What we say matters. How we deliver information during class can be impactful for our participants. Instructors should cue and teach without judgment and should only offer positive cues that foster an environment of support and encouragement.

### **Find your "ISMS" and stay with positive language**

Find those authentic "isms" that make your classes fun and unique. Some Shane-isms my classes love, include: "beautiful people", "nice work team", "you guys are amazing," "get it - get it" or "work it out". These are sayings I say throughout class to make the class positive, exciting and keep the energy going. You don't need to be the hard-hitting boot camp instructor always demanding "more" from your class. Be supportive and choose words and language that encourages people.

Another "ism" is celebrating birthdays in class with push-ups. People come up to me before class to tell me it's their birthday or to request a shout-out to a friend. A successful class is one that creates a tight community and encouraging environment. Be you. Be authentic. Be caring. Be an agent for change.

*I don't crush people. That is the most ridiculous thing I've heard. Life crushes people.  
It is our job to build them up.  
~ Peter Twist*

## **CHAPTER 9 | URBANKICK SAFETY**

Teaching a multi-level class requires proper cueing, observation, and modifications. It is the instructor's duty to ensure a safe environment and that each participant is performing the movements safely and not contraindicated. When teaching, cue the proper progressions for each movement and always follow industry standards when it comes to safety and instruction.

### ***PROGRESSIONS***

Our job as instructors is to properly progress a class so everyone feels like they can participate. Another way to think about it is progressions are inclusive and regressions are exclusive. We always go back to our philosophy from Arthur Ashe of "Start where you are, use what you have, and do what you can." How we teach matters and our job is to create as many successes for our participants as possible.

For example, let's progress a jump squat. You start by having people safely squat and stand at their own tempo and give them positive feedback for being successful. Then offer the progression of swinging their arms while rolling up through their metatarsals to their toes. Remind your class that they can stay with squats OR add the roll up—neither is right or wrong. Lastly you offer the final progression of adding the jump squat. This way everyone is included in the party. You have just helped create tiny successes for your class.

Consider the alternative approach of regressing a movement. What if you had started with a jump squat? It is highly probable that this movement is not safe for many people in your class. But that is what they will do because you asked them. They may feel uncomfortable and not very successful. Then they hear you say, "if this is uncomfortable", or "if you need to modify" or worse yet, "if you cannot do this", as you offer the modification. You have kicked people out of the party. Now they may walk away feeling like they cannot do the class or it is too hard for them. Consider the progression approach rather than the regression or modification approach to ensure all of your participants feels successful in class.

### ***INTENSITY CONSIDERATIONS***

When monitoring intensity levels, teachers must be in accordance with facility and/or industry standards. You may use the following methods to help participants monitor their intensity levels.

- Rate of perceived exertion test (scale of 1-10)
- Heart rate or pulse test
- The talk test
- Heart rate monitor

Whatever the method, remind participants to listen to their bodies modify when needed and to have fun while being safe.

### ***CLOTHING***

Be sure the clothing you wear fits comfortably. You should be able to punch and kick freely without restriction, without anything too baggy upon which you can trip. A cross-training shoe is recommended; Urbankick classes consist of many lateral movements, shuffling, as well as plyometric and jumping/hopping movements. We do not recommend a running shoe without lateral support, going barefoot or any “slip-on” shoe.

### ***ENVIRONMENT***

It is important that you provide a pleasurable and safe environment for your class to get funky. This section of the manual is dedicated to covering the basic components to injury prevention. This section is not intended to be an exhaustive list of concerns but rather an “at-a-glance” look at the most common issues that may arise and things to avoid. As with any exercise program, a participant should be cleared by a physician before starting a new exercise program.

### ***INSTRUCTOR DUTIES***

Ensure the space will promote and accommodate the best user experience by:

- Clearing floor space of equipment or personal items such as water bottles, towels, etc.
- Floor surface—If your facility has carpeted flooring, do not attempt to pivot or rotate any kicks.
- Ensure people have sufficient space to punch, kick and move comfortably.
- We don’t literally mean “mama said knock you out”---this is a non-contact class 😊
- Temperature. Ensure that the temperature is comfortable for people to warm-up safely.
- Identify new participants and keep an eye on them throughout the class to provide safe execution of the movement.
- Identify persons that may have medical conditions, movement limitations or may be pregnant. Get medical clearances when necessary.

## ***INJURIES/MEDICAL CONSIDERATIONS***

Injuries are an unfortunate fact of fitness life. Common injuries include but are not limited to:

- Shoulder pain
- Lower back pain
- Ankle strain/sprain
- Calf strain
- Knee pain

If a participant approaches you with complaints related to these areas (or any other discomfort), please encourage them to consult a physician immediately. As an Urbankick instructor it is your duty to avoid these injuries by following the protocol listed above and by providing safe and appropriate instruction. It is not your duty to diagnose or prescribe, and any attempt to do so is beyond your scope of practice as an instructor.

In the unfortunate event that someone is injured during an Urbanick class, we have provided a general guideline to follow.

- Follow the protocol outlined by your facility.
- Immediately approach the injured participant to see if he/she is okay.
- Designate another participant or staff member to call 911 if emergency services are needed.
- If 911 is not needed, stay with the participant until a staff member or manager can assist and oversee relocating the participant into a safe area.
- If medical professionals arrive, be available to provide information.

## **CONGRATULATIONS!**

You have successfully completed the Urbankick Course! We hope you enjoy teaching Urbankick and help us grow this awesome family! Please find your next steps below. You don't need to recertify and we don't require a monthly subscription. If you want to access our online video library of extended content of videos and sequences, please email us at [urbankickfitness@gmail.com](mailto:urbankickfitness@gmail.com)



Thank you so much for attending the Urbankick Instructor Certification!

Keep kicking,

Shane Barnard & Miwa Natsuki



## FAQ'S

### **Do I need to be ACE/AFAA certified to teach Urbankick?**

*No. However, Urbankick follows the principles outlined in both the ACE/AFAA group X instructor guidelines, and we want our instructors to be properly credentialed. Many facilities and clubs require their instructors to hold a general group x certification to teach at their facility above and beyond the Urbankick specialty certification.*

### **How long does my certificate last upon completion of the Urbankick certification?**

*Your certificate of completion doesn't expire. To help maintain and stay current with your new certificate, Urbankick offers online videos of sequences & HIIT drills to help keep you up to date and your skills fresh once you complete your course.*

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