Kick and Burn Boot Camp #401

***Danita Watkins***

***Objective: Kickboxing is one of the most popular fitness formats and is a great workout in the water. In this workshop we will begin by using some basic kickboxing moves and turn it into some amazing combination moves while incorporating some HIIT format for calorie burn.***

**A. The reason aquatic kickboxing with HIIT moves is so effective:**

**1. Kickboxing enhances cardiorespiratory fitness and can be an important form of training for strength and weight control. Using HIIT combinations will burn more calories in a shorter period.**

**2. Participants will experience an increase in anaerobic capacity allowing them to work at a higher metabolic rate and achieve a greater calorie burn.**

**3. Coordinating upper and lower body together can give participants a better full body workout as well as core strength.**

**B. Step-by step basic Stances, Punches, and Kicks:**

**\* Understanding the power behind the move is what makes aquatic kickboxing different than regular aqua aerobics.**

**\* Water levels in shallow water change the positioning of upper body moves, which make it different than performing the same move on land.**

**1. STANCES and READY POSITION:**

***What and* *why stances are important for Kickboxing.***

**\* Front Stances**

**\* Side Stances**

**2. UPPER BODY MOVEMENT:**

***\*Anatomy of a punch: Each punch is broken down into two separate phases, the PUNCH and RETRACTION:***

***\*Broken down punch into 2 phases***

***-Punch***

***-Retraction***

**Types of punches**

***\** Ready Positions**

**\* Front Jab punch**

**\* Cross Punch**

**\* Hooks**

**\* Upper Cut**

**Upper body variations-**

**-Blocks,**

**-Flurries,**

**-Elbow Smash**

**3. LOWER BODY MOVEMENT:**

**\**Anatomy of a kick: Kicks are broken down into four phases:***

**-Phase one-Chamber**

**-Phase two-Strike**

**-Phase three-Re-chamber (recoil)**

**-Phase four-Return**

**Types of kicks:**

**\* Front Kick**

**\* Side Kick**

**\* Back Kick**

**\* Roundhouse Kick**

**\* Hitch Kick**

**4. FULL BODY MOVEMENTS**

**1. Bob & weave**

**2. Boxers Shuffle**

**C. How the properties of water affect kickboxing moves**

**1. Buoyancy, Inertia, Action/Reaction, Acceleration are important factors to consider when developing combination moves**

**D. Modifications:**

**1. Modification are important to emphasize, to secure the success of the participants.**

**2. Strengthening the core is important to help improve balance.**

**3. Learning how to use progression is important to adherence.**

**4. -Preventing injuries**

**\*Special populations and preventing injuries**

**E. Core Stabilization:**

**1. In order to execute punches and kicks the participant must be able to stabilize the trunk of the body.**

**2. Educate participants about good body mechanics.**

**3 Aquatic kickboxing incorporates more coordination of arm and leg movements**

**F. Kickboxing and the Kinetic chain:**

**1. What is a Kinetic chain and why is it important?**

**2. The kinetic chain is important in movements of daily living.**

**G. Choreography styles and impact options**

**1. There are many choreography styles that you can use for choreography..**

**2. Impact levels and kickboxing.**

**H. Aquatic kickboxing format/Choreography Combinations:**

**1. Development of Kickboxing combinations**

**2 Targeting the major muscle groups**

**I. Types of HIIT programming:**

**1. Kickboxing is a great format to offer some HIIT.**

**\*Types of HIIT or intervals can vary to make the workout interesting**

**-Tabata**

**-Timed interval using ratios**

**- What types of moves make HIIT more effective?**

**J. Alignment cues:**

**1. The importance of alignment cues is important to prevent injury.**

**2. What different types of cueing can you use to make your class run smoothly?**

**K. Common Errors:**

**1. Understanding common errors participants can help instructors teach proper technique.**

**2. Introduce the basics first can help participants have fewer errors.**

**L. Kickboxing Equipment or no equipment:**

**1. What type of equipment do you need for an Aquatic Kickboxing class?**

**M. Close Thanks You**

**Discussion and questions**

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**Kick and Burn Boot Camp #401**

**By**

**Danita Watkins**

**Warm up:**

* Bounce Center/jump ropes
* Toe tap with cross punch
* Jump ropes/front- side-back kick R/jump ropes/front-side back kicks L
* Jacks/Turning jacks with front punt punch/jacks with front punch
* Rockets
* Land Tempo run with punch front
* Land Tempo front kick with upper cuts alternating
* Wide stable feet- front punch/Slow then Fast
* Heel jog with cross punch/hooks

Repeat

**Combo 1—Stacked Pyramid intervals-40-30-20**

* Jacks Alt shin block/Jack front karate kick/Rockets alt side kick
* CC double front punch/CC single hook/plyometric CC
* Side karate R & L/ Elevated tuck Side karate kick R & L/Double leg side karate kick R & L
* Repeat

**HIIT Combo 1**

* **Land tempo run/front punches**
* **Elbow smash combo**

**Repeat to equal 3 minutes**

**Combo 2**

* Alt Front karate kicks
* Repeater Front kicks R/repeater Back kicks L/Rocking horse with karate kicks
* Alternating front karate R and L/back karate R and L/ side to side R and L
* Front/side/back Karate R—Jump ropes---Front/side /back Karate L
* Shin blocks/turn into shin block/power front snap kick L
* -----------------------------------------------------------------------------------------------
* Repeater Front kicks L/ repeater back kicks R/rocking horse karate kick
* ­­­­­­­­Alternating front karate R and L/back karate R and L/side to side R and L
* Front/side/back kicks L-Jump ropes-Front/side/back kicks
* Shin blocks/turn into shin block front snap kicks R
* -----------------------------------------------------------------------------------------------
* Heel jogs with cross punches
* Front stance Cross Punch alternating SSD
* Cross punch with a block alternating

**HIIT Combo 2 Tabata**

* **A-Front/Back karate kick R**
* **B-Front/Back Karate kick L**
* **C-Repeater side karate kick R**
* **D-Repeater side karate kick L**
* **Repeat set to complete Tabata**

**Combo 3**

* Jacks/ front shin block R & L
* Jack/ front kick R and L
* Turning Jacks with front punch R and L
* Jacks with elbow smash arm alt R and L
* Speed jack
* Jack/ side kick R/jack side kick L
* Speed jack
* 2 jacks/2 side kick R/2 jacks/2 side kick L
* Rockets

**HIIT Combo 3**

* **Jump tuck/Side kick R jump tuck and side kick L**
* **Flurries**

**Repeat to equal 3 minutes**

**Combo 4-----------AQUASTRENGTH Bells**

* Jacks/turning Jacks R and L(Bow and Arrow)
* Jacks/Jack pull downs
* Jab, Cross ( side stances R and L)
* Jack to other side repeat
* Jab, Cross, Front snap kick, Shin pull
* Jack to other side repeat
* Jab, Cross, Front Snap Kick, shin pulls, Right hook, Left hook
* Jack to other repeat
* Jab, Cross, Front Snap Kick shin pulls, kick, R hook, L hook, double back kick
* Jack to other side repeat
* Jab, Cross, Front snap kick, Shin pull, , hook, Hook, double back kick, upper cut, upper cut
* Jack to the other side repeat
* Karate kick R and L/Rockets

**Combo 5-------AQUASTRENGTH Bells**

**- Squat Jumps push and pulls**

**- Jab combo**

**Front/Cross/hooks**

**Flurries**

**Triceps press**

**Repeat each segment 3 times to equal 3 minutes**

**Combo 6--------AQUASTRENGTH Bells**

* Cross Country ski

- ½ tempo CC with double punch arms

- CC ski with alternating hooks

- Rocking horse with karate kicks/tricep press

- Repeater shin blocks

- Repeat other side

Repeat

**Combo 7 upper body-------AQUASTRENTH Bell**

* **-Split stance push pulls -Split stance push downs**
* **-Split stance flies -Elbow slam sweep alt/squat**

**Combo 8--------AQUASTRENTH Bells**

* Squat pull down with front karate kick R and Left
* Split pull down with a front flick kick R and L
* Bell chops R the L
* Squat with leg lift with a fly

**Warm down**

- Back and chest stretch with arms

- Sway side to side with flowing arms

- Quad Stretch/hamstring stretch R and L

- Star pose/ side stretch

Repeat other side

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