

# URBANKICK

## CLASS DESIGN WORKBOOK Q2 2019

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<ul style="list-style-type: none"> <li>• Option #3: “Flip the Script” takes the same content and rearranges the sequences in a different order. You can choose to teach it with the “One and Done” flow or the “Build a Switching Block” flow. We have shown how to teach it with the “One and Done” option.</li> </ul>	
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Whether you choose Option #1, #2 or #3, remember you don’t need to teach ALL of the content. This design can be stretched out over a number of classes and can offer different experiences for your participants.

## URBANKICK FORMAT OVERVIEW

<b>Warm-Up (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 (40-50min)</b>
Glue → Sequences
1. Double Up Slip to Switch
2. Humpty Dump
3. Jackie's Little Cousin
4. Sugar Ray to Switch
5. Bear in a Sweater
6. Rope-A-Dope
Glue

The following class designs only discuss and break out the sequencing of the class. Put in drills at any point or right after you switch leads.

<b>Cool Down (2-3min)</b>
Glue: Slips & Rotations
Glue Slips → REPEAT Dynamic Low Body → Static Stretches
1. Chest, Deltoids
2. Quadriceps, Hip Flexors/Psoas, Hips/Glutes, Hamstrings
3. Gastrocnemius, Soleus
GIVE THANKS AND ENCOURAGE THEM TO COME BACK

## CLASS DESIGN | SEQUENCING

### URBANKICK SEQUENCES

**DOUBLE IT UP SLIP TO SWITCH (16)** (J + C + J + C + Slip + Slip to Switch)

*CUE:* Jab + Cross + Slip (Single Slip)

*CUE:* Double It Up = Jab + Cross + Jab + Cross + Slip x 2

*CUE:* The second slip will switch your lead

*CUE:* Jab + Cross + Jab + Cross + Slip + Slip to Switch (Switches your lead)

GLUE: Hold the Front Jab

**HUMPTY DUMP (16)** (J + J + J + Side Kick)

*CUE:* Hold a Front Jab

*CUE:* Travel the Jab x 4 (front and back)

*CUE:* The last jab becomes a Jumping Jack (Jabs x 3 + Jumping Jack x 1)

*CUE:* The Jumping Jack becomes a Knee Up (Jabs x 3 + Knee x 1)

*CUE:* The Knee Up becomes a Side Kick (Jabs x 3 + Side Kick x 1)

GLUE: Hold the Front Jab

**JACKIE'S LITTLE COUSIN (16)** (J + C) + (Slip x 2) + Front Kick x 1

*CUE:* Single Slip = (J + C + Slip)

*CUE:* Add on Slip x 1 + Jack x 1 = J + C + (Slip x 2) + Jack x 1

*CUE:* The Jack becomes a Front Kick = J + C + (Slip x 2) + Front Kick x 1

*CUE:* The Front Kick can become a side kick to pivot from the front wall to the back wall

*\*\*If on a right lead to start the jab, the left leg will do the front kick*

GLUE: Hold the Front Jab

**SUGAR RAY TO SWITCH (16)** (J + C + H + C + J + H + Scissor Feet x 4 + Front Knee + Back Kick)

*CUE:* J + C (tempo) + H (half-time) + C + J (tempo) + H (half-time)

*CUE:* Add on Scissor Feet x 8

*CUE:* J + C (tempo) + H (half-time) + C + J (tempo) + H (half-time) + Scissor Feet x 8

*CUE:* The Scissor Feet will switch your lead

*CUE:* The Scissor Feet can become Scissor Feet x 4 + Front Knee + Back Kick

*CUE:* J + C (tempo) + H (half-time) + C + J (tempo) + H (half-time) + Scissor Feet x 4 + Front Knee + Back Kick

GLUE: Hold the Front Jab

**BEAR IN A SWEATER (16)** (J + C + J + J + C + J + C + C + Scissor Ft + Crescent Kick + Knee + Back Kick)

*CUE:* Jab + Cross (double time)

*CUE:* Jab x 2 + Cross x 2 (double time)

*CUE:* Put it together/Single Single Double = Jab + Cross + Jab + Jab + Cross + Jab + Cross + Cross

*CUE:* Add on Scissor Feet x 8 = J + C + J + J + C + J + C + C + Scissor Ft x 8

*CUE:* The Scissor Feet x 8 can become Scissor Feet x 2 + Alternate Knee x 3 (back knee + front knee + back knee)

*CUE:* J + C + J + J + C + J + C + C + Scissor Ft x 2 + Back Knee + Front Knee + Back Knee

*CUE:* The First Knee can become a Crescent Kick

*CUE:* J + C + J + J + C + J + C + C + Scissor Ft x 2 + Crescent Kick + Front Knee + Back Knee

*CUE:* The last knee can become a Back Kick

*CUE:* J + C + J + J + C + J + C + C + Scissor Ft x 2 + Crescent Kick + Front Knee + Back Kick

GLUE: Hold the Front Jab

**ROPE A DOPE (8)** (H + H + UC + CC + Quick Feet x 4)

*CUE:* Hooks alternating R and L (half-time)

*CUE:* Upper Cuts alternating R and L (half-time)

*CUE:* Hook x 4 + Upper Cut x 4 (half-time)

*CUE:* Hook x 2 + Upper Cut x 2 (half-time)

*CUE:* Add on Quick Feet x 8

*CUE:* Hook x 2 + Upper Cut x 2 (half-time) + Quick Feet x 8

*CUE:* Speed it Up Double Time: Hook x 2 + Upper Cut x 2 + Quick Feet x 4

*\*\* Travel forward on the punches and scoot back on quick feet*

GLUE: Hold the Front Jab

## CLASS DESIGN OPTION #1 "ONE AND DONE"

Level: Beginner to advance

The "One and Done" class design is a simple formula that does not require your class to remember a ton of content and allows them to focus on one sequence at a time. Each sequence can be repeated as many times as needed until your class feels comfortable before you move on to the next sequence. You will switch your leads with sequence #4, Sugar Ray, and will repeat the previous sequences on the opposite lead. This set will progress quicker as the class has already seen the sequences and simply needs to do them on the opposite lead. STOP here then progress to Sections #3 & #4.

### SECTION 1 | DOUBLE UP SLIP TO SWITCH + HUMPTY DUMP + JACKIE'S LITTLE COUSIN + SUGAR RAY

LEAD: Start on the LEFT lead

1. Start with Double Up Back Slip to Switch\* and teach it through the full progression
2. Move on to Humpty Dump and teach it through the full progression
3. Move on to Jackie's Little Cousin\*\* and teach it through the full progression
3. Move on to Sugar Ray to Switch and teach it through the full progression. Finish Sugar Ray on the opposite lead and hold the front jab RIGHT

\*Note: Do an even # so you end back on the same lead

\*\*Note: Decide if you want to keep it front or pivot

### SECTION 2 | REPEAT SECTION 1 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead

START FROM THE TOP and teach the Double Up Slip to Switch + Humpty Dump + Jackie's Little Cousin + Sugar Ray to Switch with the same formula as the left lead. This set will be faster because your class has seen the sequences so you can progress them quickly.



CHECK IN WITH THE CLASS & REMIND THEM TO GET WATER AND TAKE BREAKS WHEN NEEDED

### SECTION 3 | BEAR IN A SWEATER + ROPE-A-DOPE

Move on to the next sequence and follow the same formula of ONE AND DONE as above.

LEAD: Start on the LEFT lead

1. Start with Bear in a Sweater and teach it through the full progression
2. Move on to Rope-A-Dope and teach it through the full progression. Finish Rope-A-Dope and hold quick feet to switch to the right lead.

### SECTION 4 | REPEAT SECTION 3 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead

START FROM THE TOP and TEACH Bear in a Sweater + Rope-A-Dope with same formula as the left lead. This set will proceed faster because your class has seen the sequences so you can progress them quickly.

## CLASS DESIGN OPTION #2 "BUILD A SWITCHING BLOCK"

Level: Intermediate to advance

The "Build a Switching Block" class design is a TON of fun and has awesome flow but requires the class to retain content. This is when using the language is important and will help your class remember sequences. This design allows you to build a combination of sequences to a full 32 count phrase with an added twist of using the Lolo sequence to switch your leads for ultimate flow. After you complete Section 3, check in with your class and see how much time is remaining. This design will take longer to progress than "ONE AND DONE" so time management matters.

### SECTION 1 | DOUBLE UP SLIP TO SWITCH + HUMPTY DUMP + JACKIE'S LITTLE COUSIN + SUGAR RAY

LEAD: Start on your LEFT lead

1. Start with Double Up Slip to Switch and teach it through the full progression
- + ADD on Humpty Dump and teach it through the full progression

TAKE IT FROM THE TOP ADDING ON JACKIE'S LITTLE COUSIN

Take it from the top teaching (Double Up Slip to Switch x 4) + (Humpty Dump x 4); then from the top (Double Up Slip to Switch x 2) + (Humpty Dump x 2). Then take it from the top teaching;

1. Double Up Slip to Switch (x 2) = 16 counts
  2. Humpty Dump (x 2) = 16 counts
- + ADD on Jackie's Little Cousin and teach it through the full progression.



Decide if you want to keep Jackie's Little Cousin front or pivot and change the front kick to a side kick.

TAKE IT FROM THE TOP (2 - 4 times through)

1. Double Up Slip to Switch (x 2) = 16 counts
2. Humpty Dump (x 2) = 16 counts
3. Jackie's Little Cousin (x 2) = 16 counts

TAKE IT FROM THE TOP ADDING ON SUGAR RAY to SWITCH

1. Double Up Slip to Switch (x 2) = 16 counts
  2. Humpty Dump (x 2) = 16 counts
  3. Jackie's Little Cousin (x 2) = 16 counts
- + ADD on Sugar Ray to Switch and teach it through the full progression on both leads

TAKE IT FROM THE TOP (2 - 4 times through)

1. Double Up Slip to Switch (x 2) = 16 counts
2. Humpty Dump (x 2) = 16 counts
3. Jackie's Little Cousin (x 2) = 16 counts
4. Sugar Ray to Switch (x 2) = 32 counts

### SECTION 2 | REPEAT SECTION 1 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead and REPEAT SECTION 1 with the entire breakdown starting with the the Double Up Back Slip to Switch + Humpty Dump + Jackie's Little Cousin + Sugar Ray to Switch. Progress with the same formula as the first set on the left lead. Note that your class will already know the Double Up Slip to Switch, Humpty Dump, and Sugar Ray on both leads so this will progress quickly.

### SECTION 3 | TAKE IT FROM THE TOP (2-4 times through)

Take the 4 sequences above FROM THE TOP which will automatically switch your leads with the Sugar Ray. You can take it from the top 4 x to make sure your class has it down on both leads.

1. Double Up Slip to Switch (x 2) = 16 counts
2. Humpty Dump (x 2) = 16 counts
3. Jackie's Little Cousin (x 2) = 16 counts
4. Sugar Ray to Switch (x 1) = 16 counts





**CHECK IN WITH THE CLASS & REMIND THEM TO GET WATER AND TAKE BREAKS WHEN NEEDED**

Continue adding on sequences and proceed to Section #4.

\*\* NOTE: You can continue adding on to the top or you can start Section #4 as a new block and NOT add on to Sections 1 -3.

#### **SECTION 4 | ADD ON BEAR IN A SWEATER**

After you have completed Section 3 you can continue to add on or start with a new block

LEAD: Start on your RIGHT lead

1. Start with Bear in a Sweater and teach it through the full progression

TAKE IT FROM THE TOP ADDING ON BEAR IN A SWEATER (2-4 times through)

1. Double Up Slip to Switch (x 2) = 16 counts
  2. Humpty Dump (x 2) = 16 counts
  3. Jackie's Little Cousin (x 2) = 16 counts
  4. Sugar Ray to Switch (x 1) = 16 counts
- + ADD on Bear in a Sweater and teach it through the full progression on both leads

#### **SECTION 5 | TAKE IT FROM THE TOP (2-4 times through)**

You can take it from the top 4 x switching your lead on the Sugar Ray.

1. Double Up Slip to Switch (x 2) = 16 counts
2. Humpty Dump (x 2) = 16 counts
3. Jackie's Little Cousin (x 2) = 16 counts
4. Sugar Ray to Switch (x 1) = 16 counts
5. Bear in a Sweater (x 2) = 32 counts



**CHECK IN WITH THE CLASS & REMIND THEM TO GET WATER AND TAKE BREAKS WHEN NEEDED**

#### **SECTION 6 | ADD ON ROPE-A-DOPE**

LEAD: Start on your RIGHT lead and add on the Rope-A-Dope and teach it through the full progression.

TAKE IT FROM THE TOP ADDING ON ROPE-A-DOPE (2-4 times through)

1. Double Up Slip to Switch (x 2) = 16 counts
2. Humpty Dump (x 2) = 16 counts
3. Jackie's Little Cousin (x 2) = 16 counts
4. Sugar Ray to Switch (x 1) = 16 counts
5. Bear in a Sweater (x 1) = 16 counts
6. Rope-A-Dope (x 2) = 16 counts

REPEAT SECTION 6 from the top and progress with the same formula as the first set and switching leads on the Sugar Ray.

## CLASS DESIGN OPTION #3 "FLIP THE SCRIPT"

Level: Beginner to advance

This is not a separate design formula but instead takes the same content and rearranges the sequences in a different order for a completely different experience for your class. You don't have to reinvent the wheel every class and offer a ton of new content. This way your class can become comfortable with the same sequences over time, but will never get bored because you are delivering the content in a new way. You can choose to progress the class with either Option #1, "One and Done" or Option #2, "Build a Switching Block", and change up the Booty Blast Drills and the Burnout Blast for a completely different, yet familiar class. This is Option #1 "ONE AND DONE" below

### NEW FLOW

- Bear in a Sweater
- Jackie's Little Cousin
- Humpty Dump
- Double Up Slip to Switch
- Rope a Dope
- Sugar Ray to Switch

### SECTION 1 | BEAR IN A SWEATER + JACKIE'S LITTLE COUSIN + HUMPTY DUMP+ DOUBLE UP SLIP TO SWITCH

LEAD: Start on your LEFT lead

1. Start with Bear in a Sweater and teach it through the full progression
2. Move on to Jackie's Little Cousin and teach it through the full progression
3. Move on to Humpty Dump and teach it through the full progression.
4. Move on to Double Up Slip to Switch. Finish Double Up Slip to Switch and end on opposite lead and hold a jab on the RIGHT lead.

### SECTION 2 | REPEAT SECTION 1 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead

START FROM THE TOP and teach Bear in a Sweater + Jackie's Little Cousin + Humpty Dump + Double Up Slip to Switch with same formula as the left lead. This set will be faster because your class has seen the sequences so you can progress them quickly.



CHECK IN WITH THE CLASS & REMIND THEM TO GET WATER AND TAKE BREAKS WHEN NEEDED

### SECTION 3 | ROPE-A-DOPE + SUGAR RAY SLIP TO SWITCH

Move on to the next sequence and follow formula of ONE AND DONE

LEAD: Start on the RIGHT lead

1. Start with Rope-A-Dope and teach it through the full progression
2. Move on to Sugar Ray Slip to Switch and teach it through the full progression. Finish the Sugar Ray Slip to Switch and hold a front jab. This set will be quicker because your class has seen the sequences so you can progress them quickly and the Sugar Ray will do both leads.

### SECTION 4 | REPEAT SECTION 3 (OPPOSITE LEAD)

LEAD: Start on your LEFT lead

START FROM THE TOP and teach Rope-A-Dope + Sugar Ray Slip to Switch with same formula as the right lead. This set will be quicker because your class has seen the sequences so you can progress them quickly and depending on how you progress, the class may have done the Sugar Ray on both leads already.

## CLASS DESIGN PRACTICE

Choose 5 sequence puzzle pieces and design a 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

GLUE: Slips and Rotations

PUZZLE # 1

PUNCHES: Jab, Cross, Hook, Upper Cut

GLUE: Slips

PUZZLE # 2

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

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

COOL DOWN:

## CLASS DESIGN #2

GLUE: Slips and Rotations

PUZZLE # 1

PUNCHES: Jab + Cross + Hook + Upper Cut

GLUE: Slips

PUZZLE # 2

DYNAMIC LOW BODY: Squats + Reverse Lunges + Frankensteins + Lateral Lunges

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

GLUE:

PUZZLE #

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PUZZLE #

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Keep on KICKING booty!

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