

URBANKICK

CLASS DESIGN WORKBOOK Q4 2019

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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

Warm-Up (5min)
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

Sequences (40-50min)
Glue → Sequences
1. Bob & Weave
2. Shuffle PIO + Double Slide
3. Mr. T
4. Duck + Scissor Feet to Switch
5. Jackie Chan
6. Donkey Kong
Glue → Jab + Slips

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.

Cool Down (2-3min)
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 | SEQUENCES

URBANKICK SEQUENCES
<p>BOB & WEAVE (16) (J + C + Slip) + (J + Side Kick) (front and back) <i>CUE:</i> (J + C) + Slip = Single Slip (front x 4 and back x 4) <i>CUE:</i> Single Slip (front x 2 and back x 2) <i>CUE:</i> Single Slip x 1 + Jabs (front and back) <i>CUE:</i> Single Slip + Jab + Side Kick (front and back)</p>
<p>GLUE: Hold the Front Jab</p>
<p>SHUFFLE + DOUBLE SLIDE (16) (Shuffle Front) + (Jab x 5) + (Slip x 2) + (Kicks x 2) <i>CUE:</i> (Shuffle front & back) + 1 Jab <i>CUE:</i> (Shuffle front & back) + (Jab x 3) half-time (alternate jabs) <i>CUE:</i> (Shuffle front & back) + (Jab x 5) double-time (alternate jabs) <i>CUE:</i> (Shuffle front + Jab x 5) + (Slip x 2) + (Jack x 2) (keep your focus front) <i>CUE:</i> (Shuffle front + Jab x 5) + (Slip x 2) + (Front Kicks x 2) <i>CUE:</i> (Shuffle front + Jab x 5) + (Slip x 2) + (Rotating Back Kicks x 2)</p>
<p>GLUE: Hold the Front Jab</p>
<p>MR. T (16) (J + C) x 2 + (H + UC) x 1 + (Knee Up + Back Kick) x 2 <i>CUE:</i> (Jab + Cross) x 2 double time <i>CUE:</i> Add on (Hook + Upper Cut) x 1 half-time <i>CUE:</i> Put it together = (Jab + Cross) x 2 double time + (Hook + Upper Cut) x 1 half-time <i>CUE:</i> Add on (Front Knee up + Back Kick) x 2</p>
<p>GLUE: Hold the Front Jab</p>
<p>DUCK + SCISSOR FEET TO SWITCH (16) (H + H + UC + UC + J + J + C + C) + Scissor Ft <i>CUE:</i> Hook x 2 + Upper Cut x 2 + Jab x 2 + Cross x 2 (half-time) <i>CUE:</i> H + H + UC + UC + J + J + C + C (double time) <i>CUE:</i> Add on Scissor Feet x 8 Counts <i>CUE:</i> H + H + UC + UC + J + J + C + C + The Scissor Feet x 8 will SWITCH your lead</p>
<p>GLUE: Hold the Front Jab</p>
<p>JACKIE CHAN (16) (J + C) + (Slip x 2) + (Front Kicks x 4) + Back Kick x 1 <i>CUE:</i> Single Slip = (J + C + Slip) <i>CUE:</i> Add on Slip x 1 + Jack x 1 = J + C + (Slip x 2) + Jack x 1 <i>CUE:</i> The Jack becomes a Front Kick = J + C + (Slip x 2) + Front Kick x 1 <i>CUE:</i> Add on Front Kicks x 4 = J + C + (Slip x 2) + (Front Kick x 5) <i>CUE:</i> Last kick can become a Back Kick = J + C + (Slip x 2) + (Front Kick x 4) + Back Kick x 1</p>
<p>GLUE: Hold Alternating Front Jabs R & L</p>
<p>DONKEY KONG (16) (UC + UC + Front Kick + Front Kick) + (Squat/Burpee/Donkey Kick) <i>CUE:</i> Alternate Upper Cuts R & L (1/2 time tempo) x 8 <i>CUE:</i> Add Knees Up or Front Kicks R & L x 8 <i>CUE:</i> Alternate Upper Cuts R & L (1/2 time tempo) x 4 + Knees Up or Front Kicks R & L x 4 <i>CUE:</i> Alternate Upper Cuts R & L (1/2 time tempo) x 2 + Knees Up or Front Kicks R & L x 2 <i>CUE:</i> Add on Squats x 2 or Burpee/Donkey Kick x 1 <i>CUE:</i> Alternate Upper Cuts R & L (1/2 time tempo) x 2 + Knees Up or Front Kicks R & L x 2 + Squats x 2 or Burpee/Donkey Kick x 1 ** NOTE: The Donkey Kong is performed in a bilateral stance</p>
<p>GLUE: Hold the Front Jab</p>

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.

SECTION 1 | BOB & WEAVE + SHUFFLE PIO + DOUBLE SLIDE + MR. T + DUCK + SCISSOR FEET TO SWITCH

LEAD: Start on the LEFT lead

1. Start with Bob & Weave and teach it through the full progression
2. Move on to Shuffle PIO + Double Slide and teach it through the full progression
3. Move on to Mr. T and teach it through the full progression
3. Move on to the Duck + Scissor Feet to Switch and teach it through the full progression. Finish the Duck + Scissor Feet to Switch then hold scissor feet for glue

SECTION 2 | REPEAT SECTION 1 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead

START FROM THE TOP and teach the Bob & Weave + Shuffle PIO + Double Slide + Mr. T + Duck + Scissor Feet 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 | JACKIE CHAN + DONKEY KONG

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 Jackie Chan and teach it through the full progression
2. Move on to Donkey Kong and teach it through the full progression. Finish Donkey Kong and hold Squats/Burpees/Donkey Kicks 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 Jackie Chan + Donkey Kong 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 STACKING BLOCK"

Level: Intermediate to advance

The "Build a Stacking 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 Duck + Scissor Feet 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 | BOB & WEAWE + SHUFFLE PIO + DOUBLE SLIDE + MR. T + DUCK + SCISSOR FEET TO SWITCH

LEAD: Start on your LEFT lead

1. Start with Bob & Weave and teach it through the full progression
+ ADD on Shuffle PIO + Double Slide and teach it through the full progression

TAKE IT FROM THE TOP ADDING ON MR. T

Take it from the top teaching (Bob & Weave x 4) + (Shuffle PIO + Double Slide x 4); then from the top (Bob & Weave x 2) + (Shuffle PIO + Double Slide x 4). Then take it from the top teaching;

1. Bob & Weave (x 2) = 16 counts
 2. Shuffle PIO + Double Slide (x 1) = 16 counts
- + ADD on Mr. T and teach it through the full progression.

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

1. Bob & Weave (x 2) = 16 counts
2. Shuffle PIO + Double Slide (x 1) = 16 counts
3. Mr. T (x 2) = 32 counts

TAKE IT FROM THE TOP ADDING ON DUCK + SCISSOR FEET TO SWITCH

Take it from the top teaching (Bob & Weave x 2) + (Shuffle PIO + Double Slide x 1) + (Mr. T x 2); Then take it from the top teaching;

1. Bob & Weave (x 2) = 16 counts
 2. Shuffle PIO + Double Slide (x 1) = 16 counts
 3. Mr. T (x 2) = 32 counts
- + ADD on Duck + Scissor Feet to Switch and teach it through the full progression.

TAKE IT FROM THE TOP x 1 TO SWITCH LEADS AND HOLD

1. Bob & Weave (x 2) = 16 counts
2. Shuffle PIO + Double Slide (x 1) = 16 counts
3. Mr. T (x 1) = 16 counts
4. Duck + Scissor Feet to Switch (x 1) = 16 counts

HOLD YOUR FRONT JAB

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 Bob & Weave, (your class knows it already on both leads), so just break down Shuffle PIO + Double Slide + Mr. T + Duck + Scissor Feet to Switch. Progress with the same formula as the first set on the left lead. Note that your class will already know the Bob & Weave and Duck + Scissor Feet to Switch on both leads so this will progress quickly.

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

Take it from the top teaching (Bob & Weave x 2) + (Shuffle PIO + Double Slide x 1) + (Mr. T x 1) + (Duck + Scissor Feet to Switch x 1). Take it from the top teaching;

1. Bob & Weave (x 2) = 16 counts
2. Shuffle PIO + Double Slide (x 1) = 16 counts

3. Mr. T (x 1) = 16 counts

4. Duck + Scissor Feet to Switch (x 1) = 16 counts

This will switch your leads from right to left on the Duck + Scissor Feet to Switch so take it from the top x 4.



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 JACKIE CHAN (ROTATING KICKS OPTION)

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 Jackie Chan and teach it through the full progression

TAKE IT FROM THE TOP ADDING ON JACKIE CHAN (2-4 times through)

1. Bob & Weave (x 2) = 16 counts

2. Shuffle PIO + Double Slide (x 1) = 16 counts

3. Mr. T (x 1) = 16 counts

4. Duck + Scissor Feet to Switch (x 1) = 16 counts

+ ADD on Jackie and teach it through the full progression on both leads

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

You can take it from the top 4 x switching your lead on the Duck + Scissor Feet.

1. Bob & Weave (x 2) = 16 counts

2. Shuffle PIO + Double Slide (x 1) = 16 counts

3. Mr. T (x 1) = 16 counts

4. Duck + Scissor Feet to Switch (x 1) = 16 counts

5. Jackie Chan (x 2) = 32 counts



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

SECTION 5 | DONKEY KONG

LEAD: Start on your RIGHT lead and add on the Donkey Kong and teach it through the full progression.

TAKE IT FROM THE TOP ADDING ON DONKEY KONG (2-4 times through)

1. Bob & Weave (x 2) = 16 counts

2. Shuffle PIO + Double Slide (x 1) = 16 counts

3. Mr. T (x 1) = 16 counts

4. Duck + Scissor Feet to Switch (x 1) = 16 counts

5. Jackie Chan (x 2) = 32 counts

6. Donkey Kong (x 2) = 32 counts

REPEAT SECTION 5 from the top and progress with the same formula as the first set.

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

1. Bob & Weave (x 2) = 16 counts

2. Shuffle PIO + Double Slide (x 1) = 16 counts

3. Mr. T (x 1) = 16 counts

4. Duck + Scissor Feet to Switch (x 1) = 16 counts

5. Jackie Chan (x 1) = 16 counts

6. Donkey Kong (x 1) = 16 counts

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 Stacking Block", for a completely different, yet familiar class. This is Option #1 "ONE AND DONE" below.

NEW FLOW

- Jackie Chan
- Mr. T
- Duck + Scissor Feet to Switch
- Bob & Weave
- Shuffle PIO + Double Slide
- Donkey Kong

SECTION 1 | JACKIE CHAN + MR. T + DUCK + SCISSOR FEET TO SWITCH

LEAD: Start on your LEFT lead

1. Start with Jackie Chan and teach it through the full progression
2. Move on to Mr. T and teach it through the full progression
3. Move on to Duck + Scissor Feet to Switch and teach it through the full progression. Finish the Duck + Scissor Feet to Switch and hold scissor feet to switch to the RIGHT lead.

SECTION 2 | REPEAT SECTION 1 (OPPOSITE LEAD)

LEAD: Start on your RIGHT lead

START FROM THE TOP and teach Jackie Chan + Mr. T + Duck + Scissor Feet 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 | BOB & WEAWE + SHUFFLE PIO + DOUBLE SLIDE + DONKEY KONG

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

LEAD: Start on the RIGHT lead

1. Start with Bob & Weave and teach it through the full progression
2. Move on to Shuffle PIO + Double Slide and teach it through the full progression.
3. Move on to the Donkey Kong and teach it through the full progression. Finish the Donkey Kong and hold squats/burpee/donkey kick to switch to the LEFT lead.

SECTION 4 | REPEAT SECTION 3 (OPPOSITE LEAD)

LEAD: Start on your LEFT lead

START FROM THE TOP and teach Bob & Weave + Shuffle PIO + Double Slide + Donkey Kong with same formula as the right lead. This set will be quicker because your class has seen the sequences and has done Bob & Weave and on both leads.

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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