

# URBANKICK

## CLASS DESIGN WORKBOOK Q3 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

<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
<ol style="list-style-type: none"><li>1. Snoop Dog</li><li>2. 7-Up + Speed Sk8</li><li>3. Triple Shot Slip to Switch</li><li>4. Burrito</li><li>5. Knock 'Em Knee Strike</li><li>6. Rock the Boat + Jog/Sprint</li></ol>
<p>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.</p>
Glue → Jab + Slips

<b>Cool Down (2-3min)</b>
Glue: Slips & Rotations
Glue Slips → REPEAT Dynamic Low Body → Static Stretches
<ol style="list-style-type: none"><li>1. Chest, Deltoids</li><li>2. Quadriceps, Hip Flexors/Psoas, Hips/Glutes, Hamstrings</li><li>3. Gastrocnemius, Soleus</li></ol>
GIVE THANKS AND ENCOURAGE THEM TO COME BACK

## CLASS DESIGN | SEQUENCES

URBANKICK SEQUENCES
<p><b>SNOOP DOG (32)</b> (J x 4) + (Tap Side to Side x 4) + (Front Kick + Tap it Back x 4)  <i>CUE:</i> Jab x 4  <i>CUE:</i> Tap is side to side x 4 (<i>This will switch your lead. Right jab = Left tap</i>)  <i>CUE:</i> Front Kick and tap back x 4.  <i>CUE:</i> Break it down to (Jab x 4) + (Taps side to side x 4) + (Front Kick and tap/back kick x 4)  <i>CUE:</i> Break it down to (Jab x 2) + (Taps side to side x 2) + (Front Kick and tap/back kick x 2)  <i>**If on a right lead to start the jab, the left leg will do the first tap side. Breaking it down to 2 x is an option! You can keep at x 4 each.</i></p>
<p>GLUE: Hold the Front Jab</p>
<p><b>7-UP + SPEED SK8 (16)</b> J + C + J + H + J + UC + Slip + Speed Sk8 x 4  <i>CUE:</i> Single Slip = (J + C + Slip)  <i>CUE:</i> (Jab + Cross) x 3 + Slip x 1  <i>CUE:</i> The Cross can change = J + CROSS + J + HOOK + J + UPPER CUT + Slip  <i>CUE:</i> Add on Slips x 4 = J + CROSS + J + HOOK + J + UPPER CUT + Slip + Slip + Slip + Slip + Slip  <i>CUE:</i> The 4 added slips can become Speed Skaters = J + CROSS + J + HOOK + J + UPPER CUT + Slip + (Speed Skate) x 4</p>
<p>GLUE: Hold the Front Jab</p>
<p><b>TRIPLE SHOT SLIP TO SWITCH (8)</b> J + J + J + H + Slip + Slip to Switch  <i>CUE:</i> Hold a Front Jab  <i>CUE:</i> (Jabs x 3) + Hook x 1 (half-time)  <i>CUE:</i> (Jabs x 3) + Hook x 1 (double time)  <i>CUE:</i> Move it forward + add on SLIPS BACK x 2  <i>CUE:</i> The SECOND SLIP will switch your lead = (Jabs x 3) + Hook x 1 + Slip + Slip to Switch  <i>*The slip to switch will change your lead from right to left and left to right</i></p>
<p>GLUE: Hold the Front Jab</p>
<p><b>BURRITO (16)</b> (Single Slip to Switch) x 2 + (Front Kick + Back Kick/Lunge) x 2  <i>CUE:</i> (J + C + Slip) = Single Slip (right x 4 &amp; + left x 4)  <i>CUE:</i> Single Slip (right x 2 and left x 2)  <i>CUE:</i> Single Slip (right x 1 and left x 1) = Single Slip to Switch  <i>CUE:</i> Add on Front Kicks x 4 = Single Slip Right + Single Slip Left + Front Kicks x 4 (R, L, R, L)  <i>CUE:</i> Front Kicks x 4 = (Front Kick R + Back Lunge L) x 2</p>
<p>GLUE: Hold the Front Jab</p>
<p><b>KNOCK 'EM KNEE STRIKE (8)</b> (J + C + H + UC + Knee + Knee)  <i>CUE:</i> J + C + H + UC (half-time)  <i>CUE:</i> J + C + H + UC (double-time)  <i>CUE:</i> BACK KNEE UP - Hold a repeating back knee up  <i>CUE:</i> Add on Back Knees x 2 = J + C + H + UC + (Back Knee x 2)  <i>CUE:</i> The second knee can become a knee strike = J + C + H + UC + Knee + Knee Strike  <i>CUE:</i> The second knee can pivot you to the back/front = J + C + H + UC + Knee + Knee Strike to pivot  <i>*If starting with a left lead jab and right knee, you will pivot to your left</i></p>
<p>GLUE: Hold the Front Jab</p>
<p><b>ROCK THE BOAT + JOG/SPRINT (16)</b> (J + C + Slip x 3) + (Jog/Sprint)  <i>CUE:</i> Single Slip (J + C = Slip)  <i>CUE:</i> Add on Slips x 2 = J + C + (Slip x 3)  <i>CUE:</i> Add on Jog it out for 8 counts = J + C + (Slip x 3) + Jog it out x 8  <i>CUE:</i> Jog (8 counts) can become a Sprint or High Knees = J + C + (Slip x 3) + Sprint/High Knees x 8</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 | SNOOP DOG + 7-UP + SPEED SKATE + TRIPLE SHOT SLIP TO SWITCH

LEAD: Start on the LEFT lead

1. Start with Snoop Dog\* and teach it through the full progression
2. Move on to 7-Up + Speed Skate and teach it through the full progression
3. Move on to Triple Shot Slip to Switch and teach it through the full progression. Finish Triple Shot Slip to Switch then go into JACKS for glue

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

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

LEAD: Start on your RIGHT lead

START FROM THE TOP and teach the Snoop Dog\* + 7-Up + Speed Skaters + Triple Shot Slip 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.

*\*Note: The Snoop Dog switches and Triple Shot Slip to Switch switches your lead so your class will know on both leads already.*



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

### SECTION 3 | BURRITO + KNOCK 'EM + KNEE STRIKE + ROCK THE BOAT + JOG/SPRINT

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 Burrito and teach it through the full progression
2. Move on to Knock 'Em + Knee Strike and teach it through the full progression. Finish Rock the Boat + Jog/Sprint and hold jumping jacks 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 Burrito + Knock 'Em + Knee Strike + Rock the Boat + Jog/Sprint 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 Snoop Dog 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 | SNOOP DOG + 7-UP + SPEED SKATE + TRIPLE SHOT SLIP TO SWITCH

LEAD: Start on your LEFT lead

1. Start with Snoop Dog to Switch and teach it through the full progression  
+ ADD on 7-Up + Speed Skaters and teach it through the full progression

### TAKE IT FROM THE TOP ADDING ON TRIPLE SHOT SLIP TO SWITCH

Take it from the top teaching (Snoop Dog x 4) + (7-Up + Speed Skaters x 4); then from the top (Snoop Dog x 2) + (7-Up + Speed Skaters x 2). Then take it from the top teaching;

1. Snoop Dog (x 2) = 32 counts\*\*
2. 7-Up + Speed Skaters (x 2) = 16 counts

+ ADD on Triple Shot Slip to Switch and teach it through the full progression.

*\*\*Snoop Dog will be 16 counts if you progress to 2 jabs + 2 taps + 2 kicks. If you keep at 4 x for each it will be 32 counts long*

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

1. Snoop Dog (x 2) = 32 counts
2. 7-Up + Speed Skaters (x 2) = 32 counts
3. Triple Shot Slip to Switch (x 2) = 16

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

1. Snoop Dog (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 Snoop Dog (your class knows it already on both leads so just break down the 7-Up + Speed Skaters + Triple Slip to Switch. Progress with the same formula as the first set on the left lead. Note that your class will already know the Snoop Dog and Triple Shot Slip 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 (Snoop Dog x 4) + (7-Up + Speed Skaters x 4) + (Triple Shot Slip to Switch x 4) then from the top ((Snoop Dog x 2) + (7-Up + Speed Skaters x 2) + (Triple Shot Slip to Switch x 2). Then take it from the top teaching;

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts

This will switch your leads from right to left on the Snoop Dog 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 BURRITO**

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 BURRITO and teach it through the full progression

#### **TAKE IT FROM THE TOP ADDING ON BURRITO (2-4 times through)**

1. Snoop Dog (x 1) = 16 counts
  2. 7-Up + Speed Skaters (x 1) = 16 counts
  3. Triple Shot Slip to Switch (x 2) = 16 counts
- + ADD on Burrito 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 Snoop Dog.

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts
4. Burrito (x 1) = 16 counts



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

#### **SECTION 5 | KNOCK 'EM + KNEE STRIKE**

LEAD: Start on your RIGHT lead and add on the Rock the Boat + Jog/Sprint and teach it through the full progression.

#### **TAKE IT FROM THE TOP ADDING ON KNOCK 'EM + KNEE STRIKE (2-4 times through)**

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts
4. Burrito (x 1) = 16 counts
5. Knock 'Em + Knee Strike (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 Snoop Dog.

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

You can take it from the top 4 x switching your lead on the Snoop Dog.

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts
4. Burrito (x 1) = 16 counts
5. Knock 'Em + Knee Strike (x 2) = 16 counts

#### **SECTION 6 | ROCK THE BOAT + JOG/SPRINT**

LEAD: Start on your RIGHT lead and add on the Rock the Boat + Jog/Sprint and teach it through the full progression.

#### **TAKE IT FROM THE TOP ADDING ON ROCK THE BOAT + JOG/SPRINT (2-4 times through)**

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts
4. Burrito (x 1) = 16 counts
5. Knock 'Em + Knee Strike (x 2) = 16 counts
6. Rock the Boat + Jog/Sprint (x 1) = 16 counts

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

You can take it from the top 4 x switching your lead on the Snoop Dog.

1. Snoop Dog (x 1) = 16 counts
2. 7-Up + Speed Skaters (x 1) = 16 counts
3. Triple Shot Slip to Switch (x 2) = 16 counts
4. Burrito (x 1) = 16 counts
5. Knock 'Em + Knee Strike (x 2) = 16 counts
6. Rock the Boat + Jog/Sprint (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

- Rock the Boat + Jog/Sprint
- Burrito
- Triple Shot Slip to Switch
- Snoop Dog
- 7-Up + Speed Skaters
- Knock 'Em Knee Strike

#### SECTION 1 | ROCK THE BOAT + JOG/SPRINT + BURRITO + TRIPLE SHOT SLIP TO SWITCH

LEAD: Start on your LEFT lead

1. Start with Rock the Boat +Jog/Sprint and teach it through the full progression
2. Move on to Burrito and teach it through the full progression
3. Move on to Triple Shot Slip to Switch and teach it through the full progression. Finish Triple Shot Slip to Switch and hold jacks 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 Rock the Boat + Jog/Sprint + Burrito + Triple Shot 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 | SNOOP DOG + 7-UP + SPEED SKATERS + KNOCK 'EM + KNEE STRIKE

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

LEAD: Start on the RIGHT lead

1. Start with Snoop Dog and teach it through the full progression
2. Move on to 7-Up + Speed Skaters and teach it through the full progression. Finish Knock 'Em + Knee Strike and hold a front jab.

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

LEAD: Start on your LEFT lead

START FROM THE TOP and teach Snoop Dog + 7-Up + Speed Skaters + Knock 'Em + Knee Strike with same formula as the right lead. This set will be quicker because your class has seen the sequences and has done Snoop Dog 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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GLUE:

PUZZLE #

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Keep on KICKING some booty!

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