

## REC DAY Kickboxing

KATIE IVERSON: All right. Cool. Well, welcome to Livestream Kickboxing. This is Washington State University. This will be filmed for our Global Campus participants so that they can participate at home, as well.

So because of that, we are doing this without any equipment except for this ladder. If you are doing this at home, feel free to just kind of pretend you have a ladder. Maybe use the floor tiles at home, or just do the movements in place so that you can still participate, as well.

Then a little background. I'm Katie Iverson. So I'm a group fitness instructor here at University Recreation. I teach pink gloves boxing. I'm a semi-pro, certified teaching pink gloves boxing. And I'm also a personal trainer. And I have a variety of certifications associated with that.

So yeah, you can go ahead and get started with our warm up. So first we're going to do a thing called water glasses. This is very specific to pink gloves boxing.

So what we're going to do is you're going to bring those palms, face them towards the ceilings, fingers pointed away from you. Then we're going to start by bringing those fingers in towards our body and away. Good.

[MUSIC PLAYING IN BACKGROUND]

And as long as you're just moving those hands and shoulders around, that's fine. These take a little bit of time to get used to doing. Does anybody want the music up a little bit louder? Feel like it's kind of quiet?

Yeah? That's what I thought, too. It's Friday. We want to make this like a party. Here you go. How's that? Can you also hear me OK?

Cool. All right. So let's go ahead and keep going with those water glasses. This is getting our shoulders nice and warmed up, preparing for movement. You should also start to feel that heart rate coming up a little bit. All right.

So now we're going to switch directions. So we started out with those fingers pointing away. So now this time we're going to go above our head first. Yep. There you go. You got it, good.

So the reason why these are called water glasses is because you're imagining you have a glass of water in your hand, and you're trying not to spill it. So that palm should be facing the ceiling as best you can that whole time. Doing good-- let's go ahead and rotate a few more times. And then we're going to go ahead and switch hands.

Good, and switch. So now our hands are going to be facing-- well, your hands are going to be facing the TRX. Some of you are going to be facing the mirror.

And then we're going to go in towards our ribs, good. All right. Nice job, getting those shoulders nice and warmed up. Let's go ahead and do a couple more before we switch directions-- one more rotation around.

All right. So now we're going to go scoop over our head first, away from our body and towards the ribs, back up over the head, and repeat. So this is also kind of a figure eight motion. It's another way to think about it. You all look great.

Go ahead and do just a few more. You can speed it up if you want to. Let's go ahead and do three more-- and the last one.

Good. All right. Go ahead and shake it out a little bit. So next we're going to take it down to the ground. We're going to do what's called groinners. And I'm going to show you what that is.

So go ahead and get down into a plank position. You can do this from your knees, or you can do it from a push up plank position. I can go ahead and turn to the side so you can see me better.

So what we're going to do is we're going to try to bring that foot towards the hand, alternating sides, making sure to keep that knee behind the toe, just getting a nice stretch in the hips. Let's go ahead and do two more on each side. All right, good.

Now we're going to take it back up to standing. Next we're going to do some high knees, starting out with just kind of tapping it up, bringing those hands up towards our knees. Trying to focus on getting a little more range of motion with each step, you should feel that heart rate coming up a lot more now.

And if you want, you can go ahead and actually do some high knees in place. Or if you want to stay with that low impact option, you can do that, too, whatever you're feeling like. We're going to go for 10 more seconds.

Beautiful, in 3, 2, 1, nice-- whoops! Sorry about that. I almost lost my mic. All right. All right.

Next we have Frankensteins. So you're going to bring opposite arm, opposite leg. Now we're focusing on warming up those hamstrings. You really want to focus on slow and controlled movement here.

So we don't want to just hike our leg up. Focus on keeping a nice, neutral spine. Good. Let's go ahead and do three more each side, two more, and last one each side. Beautiful!

All right. So now we're going to learn our first kick. So first we have front kicks. But first, before that, we're going to learn how to get into our boxing stance. So I'm going to turn this down just a little bit.

All right. So do I have anybody that's left-handed in here? Yeah? OK. So everything's going to be a little bit backwards for you. So if you are at home watching this and you're left-handed, everything is going to be backwards.

But I'm going to use neutral terms. So I won't say OK, we're going to raise our right leg, or something to confuse you. So what you're going to do is you're going to step your dominant hand leg back.

So if you're right-handed, that'd be your right leg back. If you're left-handed, that left leg is going to go back. And then to know if you have good spacing in between your feet, you're going to want to drop that back knee towards your front foot. And that back knee should line up with the instep of your front foot. Good.

As far as a space in between, you should have about one of these floor lengths, like, these wooden deals in between your feet. But as we're punching, you may find you want a little wider, a little more narrow, so whatever is comfortable. All right.

Next, whenever we're boxing, we always want that guard. So always keep those fists in front of your face, even when we're punching. Whatever hand's not punching is in front of your face.

So next, for a front kick, when we're kicking with that leg that's back, we're going to step up, swing through, and kick. Let's go ahead and try that. Good. Let's go ahead and do three more, 2, and last one. Good.

Now then we're kicking with our leg that is forward. We're going to do a step, and then a kick, and reset. So let's go ahead and try a few of those. So step up, kick, reset.

Step up, kick, and reset. Good. Let's go ahead and do five of those. Two more, and last one-- good. Whenever we're doing front kicks, you always want to make sure that you're going a comfortable range of motion so you don't need to feel like you need to kick way high if that feels too tight in your hamstring, so whatever feels comfortable.

All right. So next we're going to do some inch worms. So we're going to do these standing in place. So you're going to go ahead, reach down to touch your toes, walk your hands out into a plank position. And then you're going to walk those hands back towards your feet. We're going to go ahead and do five of those-- one more-- good, all right.

Now we're going to get into some body weight squats, starting out with a less deep range of motion and then getting deeper as we go on. So get those feet about hip width apart, making sure as we squat down that chest stays tall. So if you have writing on your shirt, you should be able to see it in the mirror, and making sure we keep those knees behind those toes.

Nice job-- so let's go ahead and do five more, 4, 3 2, and 1. Good. All right.

So from here we're going to learn how to do ducks. So again, we're going to step that dominant leg back in our boxing position. So we have two different directions of ducking. We have a duck forward and a duck back.

Basically, though, you're going to do a little mini-squat and move in a U shape. So when I'm ducking back, my weight starts out kind of shifted forward. And then I'm going to move in a U to shift my weight back.

Good. So next, we're going to shift our weight forward. And that's going to be a front duck. Good. So let's go ahead and practice a few of those, just ducking back and forth.

And similar with the squats, making sure that we keep that chest up nice and tall, making sure you're making eye contact with yourself in the mirror. Nice job, Let's go ahead and do 3, 2, and last one on each side.

Good. All right. Next we're going to do some hip abduction. We're just going to do some side raises. So make sure you have plenty of room. You may have to space yourselves out. We don't want anybody kicking each other here.

So we're just going to do some little side raises. We're going to do 10 on each side. So 6, 5, 4, 3, 2, 1. Good.

And switch sides, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1, beautiful. All right. So now, you may have guessed, but we're going to learn how to do sidekicks.

So again, get into that boxing stance, hands up in your guard. So first we'll learn how to do a sidekick with our front facing leg. So you're going to step up like we did with the front kick. Then you're going to rotate that back foot out and then kick with your foot parallel down to the ground.

Good. And then reset. So let's go ahead and do three more of those, nice and slow. So you really want to focus on not twisting that knee as we rotate that back leg.

Let's go ahead and do one more. Good. All right. Next we're going to do a sidekick with that back leg. So for this one, we're going to end up facing the opposite direction.

So if I'm facing the same direction as all of you, I'm going to end up facing that mirror over there when I finish. So for example, now I'm going to pivot turn that front foot to face the TRX. I'm going to step out and kick with my foot parallel to the floor.

And again, you want to make sure that you don't twist that front leg as you're pivoting to open up those hips. So let's go ahead and practice three of those. And it's totally OK if you want to kick lower, so you can keep your balance.

So we really want to make sure that that foot stays parallel to the ground. Let's go ahead and get one more. Good. All right.

So next we're going to actually move on to do a little bit of ladder stuff. So this first thing we have is called an ollie shuffle. So what we're going to do is we're going to go through one foot in each, hopping through.

So I'm going to have each of you go ahead and go through one time. So we'll start on this end right over here. Here we go.

[LAUGHTER]

There we go. Nice, good job. And next person-- see, once that first person's about a quarter of the way through the ladder, the next person can go ahead and jump in. Beautiful! Nice job.

And then while we're moving in line, we don't want to let those heart rates get low. So you can go ahead and box or shuffle. You can move those feet back and forth. You could dance if you really want to, throw some punches in there, whatever you're feeling. You could sing if you really want to, too. Nice, good job, everyone.

There we go. Nice job. All right. So in our second time through, you're going to do that ollie shuffle again, but this time from the opposite side of the ladder. Yeah, so now we're going to go from this side. There you go. Good job, perfect.

Awesome job. You're all doing fantastic.

All right. Nice job. Now I'll go ahead and show you all the last ladder thing that we're going to do. So these are called ski hops. Thought it'd be nice to throw in a winter-themed activity.

So at this one, you're going to jump in the ladder, except you're going to add in your arms, like you're skiing. So it's almost, like, a jump roping motion. So as I'm about to jump, I'm going to have those arms back.

And I'm going to use my arms to propel my motion-- just like that. So let's go ahead and do that one time through. And after this round of the ladder, we'll get a quick water break before we get into the rest of the workout.

There you go. Good job. You all got it.

How do you all feel about all the snow that Pullman's been getting? Do we like it? Do we hate it?

AUDIENCE: [? It's great. ?].

KATIE IVERSON: Yeah? I feel that one, yeah.

All right. Now as soon as you've made it through this round of the ladder, go ahead and get some water real quick. And then go ahead and line back up.

And if you want to, you can go ahead and bring your waters over. So basically how this is going to work, after about every 10 minutes or so, we'll have a water break at the end. But if you want to take a little water breaks in between the workout, you can have your water nearby.

Or you can run off and get some water, I won't make you not be able to get water. So that's kind of up to you, personal preference of where you want to keep your water. So yeah, as soon as you all make your way back over here, we'll get started on that second part of the workout.

Cool. All right. So I'll kind of explain what we're going to be doing here in a second. So there are eight different punches with boxing. In pink gloves boxing, we give them specific numbers.

So that's what we're going to be learning in this next 10 minutes. I'll give the numbers that we associate with pink gloves boxing, as well as the actual names of the punches, so, like, jab, cross, hook, and things like that. So if you do take another kickboxing class, they kind of have different numbering systems, depending on who you take it with. So I'm going to make this as easy as possible, if you take another class, for it to translate over.

All right. Cool. So first thing that we're going to do is we're going to do one and a two. So go ahead and start that timer. Cool. All right. So let's get into that boxing stance.

So our one is going to be with our non-dominant hand. And we're just going to punch straight out, making sure that we're moving our feet. So in pink gloves, we call this squishing the bug.

So we're shifting that weight back. That palm should be facing the ground. And you're punching yourself in the chin in the mirror. So let's go ahead and do a few more of those.

Next we'll throw a two, or a cross. So this one is going to be with our dominant hand. We're shifting that weight from back to front.

And we want to be careful here, since we're not punching a bag, to not completely lock out that elbow. So you want a nice, slight bend in the elbow. Good.

All right. So let's go ahead and change that to some ones and twos. So we're shifting that weight from back to front. Good, nice job. Really putting those hips into it-- that's where we're going to get all of our power for these punches.

Now we're going to go ahead and throw in a duck. So we're going to go 1, 2, and then we're going to duck back. Good. And then 1, 2, duck back. 1, 2, duck back. One more time-- 1, 2, and duck back.

Good. Now we're going to add a sidekick to that. So we're going to go 1, 2, duck back. And then we're going to throw a sidekick with our non-dominant leg-- or sorry, yeah, there we go-- yeah, with that front facing leg. All right. Let's go ahead and do that for 10 more seconds.

Good. Five more seconds-- all right. Next we got monster crunches for 15 seconds. So we're just doing standing oblique crunches. Good job.

How are we all feeling? Still doing good, having fun? Good. All right. All right. So next we've got threes and eights. So now we're going to learn how to do our hooks.

So for our non-dominant hand hook, that's going to be-- arm is going to be parallel to the ground. And you want to look for a 90 degree angle in that elbow and in the shoulder. Good. Then same thing for the other side, so for our dominant arm, same thing, looking for that 90 degree angle in the elbow and in the shoulder.

We're really putting our hips into this combination. So let's go ahead and do threes and eights, also known as our hooks. When you do these punches, if you have any writing on the back of your shirt, you should be able to see it in the mirror. Good.

All right. And let's go ahead and go 1, 2, 3, 8. So jab, cross, hook, hook, 1, 2, hook, hook. There you go. Good job. Y'all got it.

We've got about 10 seconds left before we transition. And 3, 2, 1, good-- now we're going to just do some front kicks. We got 10 seconds before we go into learning fives and sixes, also known as our upper cuts.

All right. So stay in that boxing stance. So for our uppercuts, we're going to drop down into a mini-squat. So for our five, which is our first upper cut, it's going to be from your non-dominant hand.

You're going to turn your shoulder, like you're reaching into your back pocket. And you're going to come up, extending those hips. And you're going to aim for sternum height. Good. Nice job.

And 3, 2, 1-- now same thing from the other side. So you're going to drop that hand to that back pocket, this time with our dominant hand, and punch up to sternum level. Good. And 3, 2, 1-- and now let's alternative sides between both of those upper cuts.

Good. And let's make sure that that other hand is not punching. It's staying in that guard. We want to protect that face. Nice. Good job.

Always remember to keep moving those hips in 3, 2, 1. Let's go ahead and add 1, 2, 3, 8, 5, 6, 1, 2, 3, 8, 5, 6. Good.

Guys. Now we're just going to get some ducks. So we're ducking back to front for about 10 seconds. And then we'll learn our last two punches. These will be our overhand punches.

Good. All right. So for our overhand punches, these ones may feel a little bit more awkward. So first we're going to learn our four. That's going to be with our dominant hand.

So we're reaching up and over someone's guard. So if they have that guard in front of their face, you're trying to reach up and over that, aiming for the nose. You want to stretch that torso up like you're doing an oblique crunch, pushing off that back toe. And you want to keep that wrist below the elbow. Good-- so 3, 2, and 1.

So our next overhand punch is going to be a seven with our non-dominant hand. Same thing-- pushing up off that toe, wrist below the elbow, reaching over that guard. Let's go 3, 2, 1.

And now let's alternate sides. Nice. Beautiful job, everyone. We're about halfway through this whole workout. So give yourself a pat on the back, maybe, like, a mental pat on the back. And 3, 2, 1-- let's go ahead and get all eight punches, one through eight.

We're going 1, 2, 3, 6, 5, 6, 7, 4, 1, 2, 3, 8, 5, 6, 7, 4. Good. Now we're going to do slips.

So we haven't learned these ones yet. Basically, we're just going to rotate side to side. So we're dodging a jab or a cross, also known as our 1 and 2, so like you're just doing a standing oblique twist.

All right. Next we're going to do our ladder. So the same thing that we did before. We're going to do those ollie shuffles, both sides, and then ski jumps.

So let's go ahead and go one by one. We'll get through as many rounds as we can in that two minutes. And then we've got another water break.

And if you're waiting in line for that ladder, make sure to keep moving those feet. You want to keep those heart rates up in that workout phase. Keep having fun.

Nice job, everyone. You've got about 45 more seconds. And let's go ahead and do that ollie shuffle from the other side. There we go. Good job.

There you go, killing it, team. We've got about 15 more seconds. But we'll make sure everybody gets around through.

All right. We'll go ahead and finish this round, even though that clock has stopped-- no pressure.

Nice. Good job. All right. If you've made it all the way through the ladder, when you do, go ahead and get a quick water break. And we'll go into our second to last circuit.



So when we get to this next round, this is going to be our hardest part of the workout phase. So in pink gloves boxing, we call this our burnout round. So we're going to go hard and fast, as hard as we can.

The combinations will be a little more difficult, now that we've learned all of the defensive moves-- our duck slips, our kicks, and all eight of our punches. You might be able to see the combinations written up there, reflected in the mirror. So if you kind of get lost, you can always check back. Look behind you, and I'll be saying them as we go just so we can all stay on the same page.

All right. So let's go ahead and bring it back on into the middle. And we'll get started here in just a second. Have you all just get a little bit closer. Cool. All right.

So that first combination is going to be a 1, 2, a duck back, and then we're going to do a sidekick with that front leg. So we'll do that for a minute. And then we'll reverse it to a 2, 1, a duck forward, and then a front kick.

So that's a little preview of what we've got going on. So we'll get started in 3, 2, 1, and go. Good job, team. Make sure you reset yourself between that side kick and that one.

We've got 30 more seconds before we change up combinations, and about 15 more seconds. Y'all are killing it. Good job. And 3, 2, 1-- and now we're going to do that 2, 1, duck, and a front kick.

Y'all are doing awesome. We got 30 more seconds.

And again, making sure with those ducks that we keep that chest up, nice and proud, so we protect that low back-- 10 more seconds. All right. Now we've got those monster crunches. We'll have four more rounds at this intensity.

So three more rounds of boxing and the last round will be ladder. All right. Next we're going to go sidekick and a three-- or sorry, three and then a sidekick. So we're throwing that three, and then we're going to do a sidekick with the opposite side.

And it's totally OK to take this combination a little slower, really making sure we're not twisting that knee. Resetting in between the kick and that punch. Good. I got about 10 more seconds-- in 3, 2, 1.

Good, switching sides-- so now we're doing an eight, so throwing that hook with the other side and a sidekick with the front leg. You all are doing fantastic. Got about 20 minutes of the workout left.

There you go, 20 more seconds. 10 more seconds-- 2, 1, and we're just doing our boxer shuffle, just kind of bouncing it back and forth. Next up, we'll have a six. So that'll be a hook.

So now we got a hook with our dominant hand. We're going to slip to the opposite direction, and then duck forward. So six, flip, duck forward. Six, flip, and duck forward.

Good.

15 more seconds-- 5, 4, 3, 2, 1, and now we're going to switch sides. So we got a five, slip, and a duck back. So we're hook with our non-dominant hand, slipping the opposite direction, and ducking back.

Good.

Ten more seconds-- woo! Good job. All right. Now we're going to get out some front kicks, so just standing in place.

Next up, we'll have a three, four, and two ducks. So we've got a three, so a hook with that non-dominant hand, over hand with the dominant hand, duck back, and then duck forward. So three, four, duck back, duck forward. Remembering to keep those 90 degree angles in the elbows for your [? face ?].

Ten more seconds-- all right. Now we're going to switch it up. So a hook with that dominant hand, overhand with the other hand, and then a side kick with that front leg. Woo! My bad-- sidekick with the other leg.

So that sidekick's going to be with that back leg. Good, 30 more seconds, all right. We got that boxer shuffle for 15 seconds. Good job. We're almost there.

Y'all are killing it. How do you all feel? Still good? Yeah? Awesome!

All right. Let's go ahead and go through that ladder. Same thing, we got ollie shuffle.

Nice job. Y'all are killing it. You've got one more minute of ladder left, and then we'll have one more quick circuit before our cool down.

Awesome job. We're almost there. We've got about 15 more minutes of workout.

I'm sorry. We actually have five more minutes of workout-- my bad. I forgot this goes to 5:50. All right. Go ahead and finish the ladder for the people that are already in it. And then we're actually going to start cooling down.

All right. So we're going to go ahead and stay standing, if you want. You can grab your waters, and bring them over here. I'm going to switch this up to our cool down music.

And then as soon as you're ready, you can go ahead and bring your water into the middle so we can cool down. Whenever we're cooling down, we have those heart rates up really high. We

want to stay standing for a little bit, till those heart rates get to a little bit more of like kind of a resting rate. So let's go ahead and bring that arm across the chest, making sure that shoulder stays away from our ear.

Are you all feeling? Still pretty good? Good. Yes.

So if you all are interested, kind of like this class, we do have kickboxing classes and pink gloves boxing that is open for registration. The new session starts, I believe not next week, but the week after that. Go ahead and switch sides.

So yeah, so if you were interested in that, you can go ahead and look on our website. So it's WSU, UREC slash fitness or something like that. You can check out the classes we have available.

So for pink gloves boxing, let's go ahead and bring that arm around behind. Make sure you're not grabbing on the elbow, but you're grabbing behind or below the joint. So I teach pink gloves boxing, along with another instructor Tuesdays, Thursdays, 6:20 to 7:20 right in this room. And I also teach over at the Chinook, 6:30 to 7:30 on Mondays and Wednesdays. Go ahead and switch sides.

The difference with those classes is since it's actually designed for being in the classroom-- let's go ahead and get a nice leg stretch. So bring that front leg forward, just slowly reach towards-- we actually do hitting on the bags. And you actually get to hit with an instructor.

We have focused mitts. And with pink gloves boxing, you get your own set of gloves and wraps and stuff like that. So that's pretty cool. Go ahead and switch legs. So if that sounds interesting to you, you can talk to me about it some more after this class, or find more information about it on the website, as well, if you've got to skedaddle.

All right. And if you feel like your heart rate is lowered down enough, so kind of like it was at the very beginning of the workout, you can go ahead and do some stretching on the ground. If not, feel free to stay standing.

And another thing that we--

[INTERCOM BEEPING]

ANNOUNCER: Attention, all patrons. We're starting jousting early tonight. So if you want to do jousting in the pool, just head down to the pool deck. Thank you!

KATIE IVERSON: Yeah. So since it is rec day, there are a bunch of events going on. That's why this event was going on. So if you're into pool jousting, and you want to cool off after this workout, that's a thing that you can go do.

So yeah, I think that takes us to about time. So like I said, I'll be here for a few more minutes if you want to come talk to me about any of the other programs. I'm also a personal trainer. So if you're interested in one on one sessions or small group trainings, I also teach those.

I specifically teach a women on weights class that's specifically geared towards women in the weight room, kind of, like, getting you all familiar with the equipment and stuff like that. So if you're interested in something like that, you can also come talk to me.

So yeah. Thank you all for coming. Hope you all have an awesome weekend, an awesome Friday, awesome semester if I don't see you after this class. So yeah, thank you for coming. And again, I'm Katie. Yeah. Have a great weekend.