**Fitness challenge, level one.**  Begins with student’s introduction to class etiquette.
The introduction should first start with the correct manner in which all students enter the gym training area and the correct greeting to the instructor and fellow students. Students may then move on to learning balance and stance.

Students class warm up excesses should be conducted in sets of five.

Basic stretching, Instructors chose.

5 Sit Ups X 2.

5 Push Ups X 2.

5 Squat jumps X 2.

5 Star jumps X 2.

2 x 2 minutes skipping with rope.

Once the class warm ups have been completed students are instructed in stance and balance.

It is advised that all round house kicks be on a level no higher than the hip of the student, this will minimise the risk of over stretching and one losing balance.

Basic combinations.

1. Straight punches 1, 2.
2. Straight punches 1, 2, followed by a round house kick.
3. Front leg push kick, followed by a round house kick.
4. Front leg push kick, followed by punches 1, 2.
5. Straight punches 1 & 2, uppercut punches 3 & 4,

All students may now be awarded with their level three attendance certificate. which can be presented by dignitaries who may be in attendance, also use this opportunity to take photographs of the presentation for advertising and social media posts and local press if in attendance.