

Try It Events

Workout Plan (70 mins) - Valerie & Monalisa (Feb. 17th. 2018)



Introduction (approx. 15 mins)

- Name Game (5 mins)
- Rules (5 mins)
- Icebreaker: Where the West Wind Blows (5 mins)

Warm-up (approx. 10 mins)

- Atom (5 mins)
- Great Wall of China (5 mins)

Punches (approx. 10-15 mins)

- Teaching the 6 punches/defenses (5-7 mins)
- Simon Says Shadowboxing (5-8 mins)

Stations (approx. 9-10 mins)

- Agility Ladder (3 mins)
- Pads (3 mins)
- Bags (3 mins)

Cool Down (approx. 15 mins)

- Kings and Queens of the bag (10 mins)
- Group cool Down (5 mins)

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Snacks/Education (approx. 10 mins)

- Education: Cyberbullying, question, and prizes (5 mins)
- Snacks: Frozen grapes/cheese strings/chips & salsa/dried mango (5 mins)

My Experience Coaching By: Valerie (On the Right in photo)

Coaching report on February 17th, Monalisa and I taught a class. It was pretty fun but Monalisa did mostly all the work. The things that we did were, "Where the west winds blow", "Simon says", "Atoms" and many more. For education we did cyberbullying, the reason why we did cyberbullying is because lots of kids and teens have been using social media and have been cyber bullied. Teaching the Saturday program was fun and everybody listened. I would definitely do it again!

My Experience Coaching By: Monalisa (On Left in Photo)

I had a lot of fun coaching the MJKO "Try it" Event. It felt amazing to lead so many friendly faces in the sport of boxing, which I love. I was grateful to have the opportunity to teach other student. When I saw the other kids participating in the activities and the smiles on their faces, it reminded me of when I was a student just like them. My favourite of the class was encouraging people and cheering them on, they really did a great job. I also loved meeting new people. I was really happy to make the plan for the class because I put in favourite activities that I've seen in other classes. If I were new to boxing, those activities would definitely make me stay. I loves teaching the class because it was my first time coaching and I felt really good to be able to use everything I learned during our junior coach training. It reminded me of the first time I did pads since I got to coach people to do the right punches and defenses. I also felt satisfied since when I first started with MJKO, I struggled to do the right punches and after having worked hard to sharpen up my skills, I got to help others, too. I am beyond glad that I got to play a part in helping other kids, like myself boost their confidence. When I started boxing last year, I felt like I could take on the world and I truly wish that I can do the same for someone else. To conclude, I love being a coach in the program and I am very excited to see what the other junior coaches have planned.

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Workout Plan (75 mins) - Ayaz (February. 10th .2018)



Introduction (approx. 10 mins)

- Rules
- Two Truth and One Lie

Exercises (approx. 15 mins)

- Sit up, Sit down Games
- Math Game
- Circuit Workouts

Punches/Defense (approx. 5 mins)

- Shadow boxing

Stations (approx. 10 mins) – rotating every 5 mins

- Boxing
- Exercise

Cool Down (approx. 15 mins) – change every 3 mins

- Vigorous Workout

Education (approx. 10 mins)

- UN Human Rights

Human rights are moral principles or norms that describe certain standards of human behaviour and are regularly protected as a legal right in municipal and international law. The United Nations Human Rights Council is a UN council responsible for strengthening

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and promoting human rights around the world. The United Nations has made a list of 30 Human Rights, some which are listed here:

1. We are all born free & equal. We are all born free. We all have our own thoughts and ideas. We should all be treated in the same way.
2. Don't discriminate. These rights belong to everybody, whatever our differences.
3. The right to life. We have the right to life, and to live in freedom and safety.
4. No slavery. Nobody has any right to make us a slave. We cannot make anyone our slave.
5. No torture. Nobody has any right to hurt us or to torture us.
6. You have rights no matter where you go. I am a person just like you!
7. We are all equal before the law. The law is the same for everyone. It must treat us all fairly.
8. Your human rights are protected by law. We can all ask for the law to help us when we are not treated fairly.
9. No unfair detainment. Nobody has the right to put us in prison without good reason and keep us there, or to send us away from our country.
10. The right to trial. If we are put on trial this should be public. The people who try us should not let anyone tell them what to do.

Snacks & Prizes (approx. 10 mins)

My Experience Coaching By: Ayaz Amin

On February 10th 2018, I coached my first boxing class at the new gym this year. My experience with coaching went unexpectedly well. During my class, I was able to play games, work out and teach educate. I began my class by asking my students about the rules after playing a small game of "Two Truths One lie". After the introduction, we started exercising. We played a game of "Stand-up/Sit down" and the "Math game". After the games, we began circuit workouts and shadow boxing. I had to make slight changes to my plan to fit in more stations to use up the time but nonetheless it went smoothly. For the cool down, we chose different vigorous activities as a group and did them together. Finally, to wrap up the session, I did my education, gave away a prize and snacks. The whole experience surprised me since I would not have thought about it to work out very easily. After the session, however, I was very happy to have coached my first class at new gym, on February 10, 2018.

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Workout Plan (75 mins) – Xavier (April. 7th .2018)



Introduction (approx. 10 mins)

- Syllable Game
- Math Game

Warm up (approx. 10-15 mins)

- Relays with Duck walk-push ups (5 mins)
- Circuits x 2 (6 mins)

Stations (approx. 15 mins)

- Shadow boxing
- Bags
- Pads
- Ladders

Education on boxing knowledge (approx. 10 mins)

Capture the Flag (approx. 10 mins)

Cool Down (approx. 10 mins)

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My experience coaching at MJKO: Xavier Baldwin

My experience at being a coaching at MJKO was an amazing experience for me. I felt good when I was teaching the class today. It helped me to improve their moves and mine. I was glad that everyone was listening to me when I called out boxing moves. It made me feel good and more motivated too continue.

I was also very happy that the students were following me when I did a boxing move instead of doing what they wanted to do. There were no arguments between me and the students which is a very good sign, I feel. I appreciated how the students were given me suggestions of games when I needed help to choose.

In conclusion I loved being a coach for the morning. It was very fun and a good way to improve on leadership skills for the future.

MJKO Saturday Class By: Myaz Amin



Introduction (approx.. 15 mins)

- Rules – Approx. 5 mins
- Name Game – Approx. 10 mins

Warm-up (Approx . 20 mins)

- Chain and Ball Game (approx.. 5 mins)
- Math Game (Approx. 5 mins)
- Circuit Excercises (Approx. 10 mins)

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Punches /Defenses (approx.. 15 mins)

- Shadow boxing – approx.. 5 mins
- Boxing Simon Says – approx.. 5 mins
- Reaction Time – approx. 5 mins

Stations (Approx. 20 mins)

- Bags – approx.. 10 mins (2 rounds)
- Fitness - approx. 5 mins
- Footwork – approx. 5 mins

Cool Down (Approx. 15 mins)

Education Topic: The UEFA Champions League

The UEFA Champions League is an annual tournament that is a prestigious event in European Football/soccer.

- The UCL final is the most watched sporting event. It is watched by more than 178 million people.
- The 1st tournament was in 1955, where Real Madrid won the final against Stade Reims 4-3.
- Real Madrid is the reigning champion and the most successful in the tournament.
- The most dramatic finals were in 2005 when Milan took the lead 2-0 by half time, Liverpool however tied the score 3-3 by the end of the second half. This took them into penalties where Liverpool took the trophy home.
- Paco Gento has won the most UCL finals with a record of 6, as a player.
- Carlo Ancelotti and Bob Paisley have won the most UCL finals as a manager with the record of 3.
- The 2018 UCL Champion favourite are Paris Saint Germain.
- The finals the year will be on May 26th held in NSC Olimpiyskiy Stadium in Kiev Ukraine.
- The all-time top scorer of the tournament is Cristiano Ronaldo.

Snacks /Prizes

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My MJKO Experience: Myaz Amin

On Saturday February 3rd, 2018, I coached my first MJKO class in the new gym at 186 Cowan Ave. what I was surprised about is that everyone enjoyed the class. Which I was not expecting. I was concerned that if I may plan would work out and take enough time. Something I liked doing was the ball and chain game, everyone had fun playing that too. Also, during the workout, it was not only pads. Also there were different stations where we could do more instead of one thing. During the cool down, everyone had a chance to share their own exercise and do it. At the education, I chose the easiest questions so that everyone will remember and have a chance to answer. After my class we played musical chairs. The first MJKO class in the new gym was exciting and full memorable experiences.

Workout Plan (90 mins) – Siham Ali (April.14th.2018)



Introduction (approx. 10 mins)

- Math Game
- Fitness name game

Warm-up (approx. 15 mins)

- Syllables Game
- Running fitness

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Skipping x 3 (approx.. 10 mins)

Simon Says shadow boxing x 3 (approx. 10mins)

Stations (approx.. 15 mins)

- Footwork on ladder
- Bags
- Pads
- Fitness

Octopus or capture the gloves - group vote (approx. 10 mins)

Cool Down (approx.. 10 mins)

Education (approx.. 5 mins)

Snacks

Sihams MJKO Report and feed back

On Saturday April 14th 2018. I taught the first thing I did was write my plan down on the white board while I was doing that I was also thinking of how hard and noisy it would be when all the kids would come. I was feeling very happy and most of all nervous because what if no one listened to me, what if everyone thinks the class is too boring. But I knew that I could just ask a trusted coach to help me. While the class was starting we did a quick introduction and I was happy to see all the happy and excited faces. The main thing we did was play capture the gloves. I could see that everyone was sweaty and tired but they were eager and as we were starting I could see everyone getting excited to play the next game. As we were starting I could see that everyone was having fun and using teamwork, I felt really happy overall that the class went amazing and everyone had a lot of fun. I am very thankful for the experience to teach kids how to box and learn how to box.

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Workout Plan (90 mins) – Hazel&Sabrina



Introduction (approx.. 20mins)

- Memory Game
- Math Game
- Rules

Learning Punches (approx.. 5-10mins)

Stations (approx.. 30 mins)

- Pads x 2
- Bags x 2
- Ladders
- Skipping
- Education

Cool Down (approx.. 15 mins)

- Leg lifts (front, side and side)
- Group sit ups
- Planks
- 10 Group suggestions

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Education (approx. 10 mins)

Snacks (approx. 10 mins)

- Dry Mango

Boxing Class review: Hazel (Left photo) & Sabrina(right photo)

Teaching the Saturday boxing class was a great experience. It has improved our teaching methods and leadership skills. We have learned new ways to entertain kids and get them to participate! It was crazy to see that the coaches corner program has affected us so much. The class that we planned was very helpful in preparing us for the future by managing our time. It was also amazing to see how much our teaching methods and skills have improved and changed since our last class. The most important thing about our class was that both we and the participants had fun and got exercise. Overall, we were lucky to have the opportunity to teach these amazing future boxers. We hope to teach again soon.

Workout Plan (approx.. 90 mins) –Lisa& Iris



Introduction – approx. 5 mins

- Say your name, act out an emoji (no fruits or objects), the person who figures out what emoji it is goes next.

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Games – approx. 10 mins

- Math Game – approx. 10 ins
- Point Game – approx.. 5 mins

Warm Up – Approx. 15 mins

- Stretches
- Cardio

Review Punches – Approx. 20 mins

- Shadow Boxing
- Simon Says

Stations – Approx. 10 mins

- Shadow Boxing
- 2 Ladder
- 2 Pads

Kings and Queens Of the bag – 10 mins

20 Punch count down – approx. 10 mis

Cool down – approx.. 10 mins

- Go around circle everyone gives an ab exercise up to 15 secs

Education and Snack – approx.. 10 mins

MJKO Boxing: Coaching Report - Iris Chen

On Saturday, April 21st, 2018, Lisa and I were coaching the class. Overall, I personally thought that our class went well. We stuck to the schedule pretty well, although we didn't have time for some additional games. Here is basically everything that happened:

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First, we introduced ourselves. Everyone said their name and their favourite emoji. Then we played a quick game where we had to throw the ball to someone and they had to say that persons name. after that, we played the math game, followed by warm up. For warm up, we did a few stretches and did the seven minutes' workout. Lisa and I thought it would be interesting if we introduced something new to the class. We then had a break and played another game. As you can see, we had planned a lot of games for our class. That is because we believe that it was a fun way for everyone to stay active throughout the class. Next, we (no, not another game) reviewed the punches and defences and did some shadow boxing. Finally, we start our stations. There were five station; two pads, one bag, one agility ladder and one skipping rope station. During the stations, Lisa and I remembered to give compliments, along with feedback. We played some dodgeball and kings court, which was really fun. After another break, we did cool down and education. Our education topic was emojis and everyone seemed to enjoy it. We enjoyed snack and had a great day.

Workout Plan (90 mins) – Mychaela & Mychaelynn



Introduction (approx..5 mins)

- Rules
- Name and Fun Fact

Warm up (approx.. 20mins)

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- Everybody's it tag (10 mins)
- Octopus (approx.. 10 mins)

Workout

- Punches - taught by Mychaelynn
- Defense – taught by Mychaela

Stations (approx.. 25-35 min) Each station twice except education

- 2 bags
- 2 pads
- 1 ladder

Education topic: Ed Sheeran

- Ed was born on February 17th 1991 (27)
- Ed has 4 Grammy's
- Ed can fit 55+ maltesers in his mouth
- He has 2 cats named Dorito and Calipo
- When he was a kid he had a stutter
- He has a brother named Matthew, he's 2 years older and is a composer
- He made a song with Taylor Swift called Everything Has Changed, and he's in the music video for it too
- In his music video for Lego House Rupert Grint (Ron Weasley from Harry Potter) was his "look alike"
- Ed has a Nandos Black card which is free Nandos for a WHOLE YEAR
- He made a song for The Hobbit The Desolation of Smaug Movie called I see Fire

Cool down (Approx..10-15 mins)

- Everyone picks a cool down, do each for at least 15 seconds or 15 times

Education Questions & Prizes

1. When was Ed Sheeran born??????
2. What are his cats names?????

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3. What is Ed's brother name and how many years older or younger is he than Ed? And what's his job?
4. What's the name of the song he made with Taylor Swift?
5. Who was Ed's "look alike" in his music video Lego House?

Snacks

- Snack can be whatever there is at the gym that day, same with prizes

IF THERE IS 30 MIN LEFT AFTER THE WORKOUT WE CAN PLAY A FEW MORE GAMES LIKE DODGEBALL, OCTOPUS, OR EVERYONE'S IT TAG

Mychaelynn & Mychaela Coaching Class Feedback Report

This weekend we taught the Saturday class. When we were about to start the class we were very nervous. We weren't sure of some stuff, but the coaches told us some advice, and it was easier than expected. The warm up and intro went smoothly, but the actual workout was a bit confusing. During the intro when Samira was helping us prepare for it, we had a joke session which we found pretty funny. During the class we changed some things that we were planning to do originally because of time reasons. We had to change it because what we were originally planning to do was too short. Then, Ibrahim made it so there was 1 station per person and confusing because we had 14 stations. A lot of people got confused in the beginning, but in the end it worked out just fine. When it was time for cool down it was shorter than planned because Miranda had to talk for a bit, which was fine. Lastly, we played dodgeball. Dodgeball went ok, because not a lot of people were listening when we put them in groups. When we get them into their groups, everything went smoothly. But we couldn't play for that long cause of the time. Overall the class we taught flew by really fast. We had a lot of fun teaching.

Workout Plan (80 mins) – Milan (June 9th 2018)

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Introduction (approx.. 10 mins)

- Syllable Game

Skipping (approx.. 10 mins)

Warm up (approx.. 20 mins)

- 25 Push-ups
- 15 Squats
- 20 Sit-ups

Stations (approx.. 25 mins)

Education topic: Sports Personalities

Education Questions:

1. When did Muhamed Ali Start Boxing?

Answer: At the age of 12

2. When did Cristiano Ronaldo start playing for Real Madrid?

Answer: He joined Real Madrid in 2009

3. When did Miranda Kamal start MJKO?

Answer: She started it in 2010

4. When did Sylvester Stallone Start Boxing for his roll as Rocky Balboa? 1976

Workout Plan (80 mins) – Zahra (June 9th 2018)

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Introduction (approx.. 5 mins)

- Catch Name game
- Fun fact: Best thing that happened to you this week

Warm Up (Approx. 10 mins)

- Circuits; -
 - Mountain Climbers (15 secs)
 - Burpees (10 secs)
 - Fast Feet (20 secs)
 - Skaters (15 secs)

Stations (Approx. 15-20 mins with 3 rounds 2 mins each)

- Footwork
- Bags
- Pads

Shadow Boxing (approx..10mins)

- Teaching stance, punches and defense
- Shadowboxing
- Simon Says

Cool Down (Approx. 15 mins)

End Game: Capture the flag (approx. 25 mins)

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Saturday Class Report; Zahra Ali

I taught an Saturday 24th March 2018 and I think my class went really well. At first I was really nervous because I thought my class wouldn't fit the 1 hour and a half time frame but I ended up actually teaching in that time. I feel like everyone really enjoyed the class especially because I introduced a game we haven't played in long time which was the points game. I think it was really fun to play something different from the games we always play. I think everyone was really engaged in the class which is what helped allowing the class to be fun and for everyone to actually listen when needed. Although at first it was kind of hard to get everyone's attention, I later got used to it and was able to go through the class without any issues. I would've probably added more information to my education, which was about Nike, because I only had 10 points. But everyone seemed to really enjoy the education and learnt a lot of new things. Overall the class went really well and it was really fun to put what I have been learning in the junior coaches program to use.