

Club Owner Bag Drills Starter Guide

Class Size: 30+ // Targets: BOB or Bags // 2020 Armor Vests/Headgear Needed: 6+

Pro Tips for a smoother class operation

- **Charge** 2020 Armor vests & headgear overnight to make sure you have full battery usage for the class. Turn the units on to make sure all they are in working order before class starts
- **Tie the vests** on the Bobs/Bags before class starts to save time.
- Have **two spare** 2020 Armor vests & headgear on standby if any go down during class to avoid downtime
- Once you set the games mode, sensitivity and time on each vest – guide your students to know and understand **where the play/start button is located** and explain the 3 second countdown timer.
- Instruct your students to **fall into another line if the vest goes down** so there is no stoppage



How to Operate Vests & Headgear



Troubleshooting Videos



For all drills below, divide the class into equal groups in front of the bags with 2020 Armor tied on the BOB/Bag

Heartbeat 101 - Stamina. Game: 8 // Sensitivity: Level 1-3 Beginner. 4-6 Intermediate, 6+ Advanced // Time: Various

- **Team Based - Time: 30 Seconds.** Choose a strike that all students will do on the vest. They must repeat strikes to keep the health alive until time runs out. Each student will execute the strike as hard and fast as they can one after another.
- **Add Rotation - Time: 3 minutes** Choose a striking combo that all students will do on the vest. At any time, the instructor blows a whistle or any command to switch. All teams together will have to run in front the bag to their right and continue striking to keep the health alive. If a vest depletes all the health - that team will be added into another team whose vests are still alive with health until time or health runs out.



Video showing how game 8 works

Heartbeat 102 - Stamina. Game: 8 // Sensitivity: Level 1-3 Beginner. 4-6 Intermediate, 6+ Advanced // Time: Infinite

- Set vests apart at a distance enough for students to run 3-5 steps (for example a Square or rectangular orientation).
- Choose a strike that all students will do. One student will start in front of each vest while the rest of the students will be in line. Once time begins, students will strike and run opposite to the next vest and cycle through the line. Students will have a short rest period when waiting in the line. If vest loses health, students will skip that vest and use remaining vests in the game. Goal is to see how long they last.

Hitmeter 101 - Power. Game: 10 // Sensitivity: Level 1-3 Beginner. 4-6 Intermediate, 6+ Advanced // Time: 3 mins

- Choose a strike that all students will do on the vest.
- Each student does one kick and moves to the back of the line.
- Winning team is determined by the highest average power shown on the vest once time is done. The harder you strike and the more you strike, the higher the average will be.



Video showing how game 10 works

Hitmeter 102 - Power. Game: 10 // Sensitivity: Level 1-3 Beginner. 4-6 Intermediate, 6+ Advanced // Time: 3 mins

- Have each student execute a different technique in For example: 5 students in a team: Student 1 Right hand punch, Student 2 Left leg back kick, Student 3 Front leg roundhouse, Student 4 Side kick, Student 5 Double roundhouse.
- All teams must execute the same 5 techniques. Cycle through techniques until time runs out. When time ends, compare average power shown on vests with each team. The team with the highest average wins.

Survival 101 - Speed. Game: 9 // Sensitivity: Level 1-3
Beginner. 4-6 Intermediate, 6+ Advanced // Time: Infinite

- Choose a strike that all students will do on the vest.
- Each student does one kick and moves to the back of the line.
- Winning team is determined by the first vest with all the health depleted.



Video showing how game 9 works

Survival 102 - Speed. Game: 9 // Sensitivity: Level 1-3
Beginner. 4-6 Intermediate, 6+ Advanced // Time: Infinite

- Choose a strike that all students will do on the vest. Have students stand 1-5 meters away from the vest
- Choose a pre-exercise to do before running and striking the vest. For example 5 burpees or 10 jumping jacks or front snap kicks. Once pre-exercise is done, students must run to the vest and perform the strike.
- The next student may only begin once the student tags them coming back. Winning team is determined by the first vest with all the health depleted.

Reflex 101 - Reaction. Game: 6 // Sensitivity: Level 1 //
Time: 3 mins

- Choose a strike that all students will do on the vest, or allow students to pick their favorite strike.
- Students will take turns one after another for each reaction exchange done on the vest. Students have to be vigilant switching out as fast as they can, as the lights will at times flash immediately.
- The team with the highest score (most green lights) wins.



Video showing how game 6 works

Reflex 102 - Reaction. Game: 6 // Sensitivity: Level 1 //
Time: 3 mins

- Each group will have a specific strike to execute for repetition and reaction. For example, one line will only use front leg roundhouse, another team will use only back kicks, and another only punching. This way, each group can be training specific techniques while working on reaction time.
- Students will take turns one after another for each reaction exchange done on the vest. Students have to be vigilant switching out as fast as they can, as the lights will at times flash immediately.
- The team with the highest score (most green lights) wins.

Beatbox 101 - Timing. Game: 7 // Sensitivity: Level 1 //
Time: 3 mins (Suggested ages 10+)

- Choose strikes you would like your students to execute. For example only upper body strikes/only left leg/only push kick or freestyle. At any point, the instructor commands to switch to the next student (for 5 -10 seconds) and they will continue where the last student left off. This game mode requires more attention and focus as they will have to continue with the timing of the strikes.



Video showing how game 7 works

Beatbox 102 - Timing. Game: 7 // Sensitivity: Level 1 //
Time: 3 mins (Suggested ages 10+)

- Choose upper body strike and lower body strike you would like your students to do. Start with only upper body with the first student and at any point (every 5 to 10 seconds), the instructor commands to switch to the next student which will then switch to lower body strikes and so on



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