

## Club Owner SHIELD Drills Starter Guide

Class Size: 30+ // Targets: Shields // 2020 Armor Vests Needed: 6+

**Pro Tips** for a smoother class operation:



1. **Charge** 2020 Armor vests & headgear overnight for full battery usage in class.
2. **Before Class**
  - Turn on units to make sure all are in working order.
  - Tie the vests on shields to save time during class.
3. **Spares**
  - Have two vests and headgear on standby in case any go down to avoid class stoppage.
4. **Start Drills**
  - Once game mode, sensitivity and time are set on the vest –guide your students on where the play/start button is located and the 3 second countdown timer.
5. **Stoppage**
  - If a vest goes down, instruct your students to automatically fall into another line to avoid stoppage.

How to Operate  
Vests & Headgear



Troubleshooting  
Videos



**For all drills below, divide the class into equal groups in front of the shields with 2020 Armor tied on them**

### Shield Reflex - Reaction. Game: 6 // Level: 1 // Time: 2 mins

- One student will hold the shield with the 2020 Armor vest tied on. Other students will create a half circle around the student with the vest.
- The students will be taking turns one at a time clockwise – striking the vest with maximum speed and minimal power.
- Suggested: 3 Rounds, 2 mins for each student



Video showing  
how game  
6 works



Video showing  
how game  
9 works

### Shield Survival – Snake. Game: 9 // Level 1-3 Beginner. 4-6 Intermediate, 6+ Advanced // Time: Infinite

- Choose a strike that all students will do.
- One student will start holding the shield. All students on each team will form a line in plank position side by side towards the shield.
- The furthest student in plank position will stand up – jump over each student in plank position toward the shield and complete the given strike –then take over as holder.
- The previous holder will then take a plank position in front of the shield advancing the line forward.
- This process will repeat until all health is depleted. Winning team is the team that depletes the health bar first.

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

- Choose a strike/strikes that all students will do on the vest. One student will begin as holder and one student will start as kicker.
- In a straight line, students will do continuous hard kicks until the end of the line where the holder will become the kicker and a new holder will switch in.
- This will continue until everyone has had a chance to hold and kick.
- When the time ends, the team with the average highest hit meter score will win (this will show on the vest when time ends)

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

- Have each student execute a different technique. Ex: 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 the time ends, the team with the average highest hit meter score will win (this will show on the vest when time ends)



Video showing  
how game  
10 works

**Shield Speed 101 - Speed. Game: 9 // 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 2020 Armor Vest with all the health depleted.



Video showing  
how game  
9 works

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

- Choose a strike that all students will do on the vest, or allow students to pick their favorite strike.
- One person holds the shield with 2020 Armor tied on, and one person is the kicker. The rest line up behind the kicker.
- 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 flash very fast!
- The team with the highest score (most green lights) wins.



Video showing  
how game  
6 works

**Shield Beatbox 101 - Timing. Game: 7 // Level 1 // Time: 3 mins**

(Suggested ages 10+)

- Choose strikes you would like your students to execute. For example only hand 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



Download  
iOS App



Download  
Android App

**Shield Speed 102 - Speed. Game: 9 // 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. Ex: 5 burpees or 10 jumping jacks or 10 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 2020 Armor Vest with all the health depleted.

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

- Each group will have a specific strike to execute for reaction and repetition. Ex: One team will only use front leg roundhouse, another team will use only back kick and another only punching. (Each group will be training specific techniques while working on reaction time).
- One person holds the shield with 2020 Armor tied on, and one person is the kicker. The rest line up behind the kicker.
- 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 flash very fast!
- The team with the highest score (most green lights) wins.

**Shield Beatbox 102 - Timing. Game: 7 // Level 1 // 3 Time: 3 mins**

(Suggested ages 10+)

- Choose hand strikes and legs strikes you would like your students to do.
- Start with hand strikes 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 leg strikes and so on



Vest User  
Manual PDF



Headgear User  
Manual PDF