

Blue/Blue Green at Belt At-Home Training:

Instructions: If you come across something you haven't been taught yet, simply skip that movement or practice something that you know for that part. Adjust warm-up or techniques for injuries as needed.

Feel free to mix it up along the way.. Keep practicing!!!

Warm-ups:

- 20 jumping jacks
- 10 Bicycles
- 10 jumping jacks
- 10 arm circles
- 5 jumping jacks
- 10 V-sits

Combination Strikes from a Horse Stance

10 Combinations: Right Hammer (head) + Right Inside Hammer (solo-plexus)(alternate sides)

10 Combinations: Right Front Instep (low) + Right Instep Kick (middle) + Right Instep (high) (alternate sides)

10 Combinations: Right Front Punch (body) + Right Collapsing Elbow (body) (alternate sides)

10 Combinations: Right Crescent Kick(low) + Right Crescent Kick(middle) + Right Crescent(high)(alternate sides)

Practice Drills:

- 5 times each side: Start in a Half Moon Stance: Step-Glide with a Lead Front Punch + Rear Cross punch + Lead Back 2 Knuckle (1,2,3) (Try and return quickly to starting position in between each punch combination)
- 5 times each side: Start in Half Moon Stance: Step-Glide with Lead Front Punch + Rear Cross + Lead Back 2 Knuckle + Rear Knee (Try and return quickly to starting position in between each punch combination)
- 5 times each side: Start in a Half Moon Stance: Step-Glide with Lead Front Punch + Rear Cross + Lead Back 2 Knuckle + Rear Knee + Shift Back-Rear Front Kick (Try and return quickly to starting position in between each punch combination)
- 1 time: Do all your Combinations and Kempos normal speed with full power
- 1 time: Pick 2 Forms and do them at normal speed with full power

Bonus: Do as many push-ups as you can in 1 minute. Write down your score and try to beat it next time!

My SCORE TODAY: _____

5 minute Cool down stretch