

## White/Yellow 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 Shuto (neck) + Right Cross Shuto (neck) (alternate sides)

10 Combinations: Right Front Instep + Right Round House Kick (alternate sides)

10 Combinations: Right Front 2 Knuckle + Right Chicken Wrist (alternate sides)

10 Combinations: Right Inside Crescent Kick + Right Side Kick (towards your 12:00) (alternate sides)

### Practice Drills:

- 5 times each side: Start in a Half Moon Stance: Step-Glide with a Lead Front Punch + Rear Cross punch (1,2) (Try and return quickly to starting position in between each 1,2 punch combination)
- 5 times each side: Start in Half Moon Stance: Step-Glide with Lead Front Punch + Rear Cross + Lead Back 2 Knuckle (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 (Try and return quickly to starting position in between each punch combination)
- 1 time: Do all your combinations and Kempo normal speed with full power
- 1 time: Do Pinan #1 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