

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:

- 10 Back 2 Knuckle Punch
- 15 Horse Stance Squats
- 10 Claw to the groin
- 15 Horse Stance Squats
- 10 Chicken Wrist (temple)
- 15 Horse Stance Squats

Block-Strikes while in a Horse Stance

10 strikes: Right Hand #3 Block, Right Back-Fist Left Thrust punch (*alternate sides*)

10 strikes: Right Hand #1 Block, Right Hammer (temple), Left Palm, (*alternate sides*)

10 Strikes: Right Hand #5 Block, Right Hammer (ribs), Right Claw (face) (*alternate sides*)

10 strikes: Right Hand #7 Block, Right Chicken wrist (temple), Right Circular Back-Fist (*alternate sides*)

Practice Drills:

- 5 times (total): From a Low Horse Stance - Start Blocking System
- 10 times (total): From a Low Horse Stance: Spinning Back Kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#12, #9, #14, #10) (*return to low horse stance in-between each technique*)
- 10 times (total): From a Low Horse stance: Crescent/Reverse Crescent Kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#2, #18, #4, #8) (*return to low horse stance in-between each technique*)
- 10 times (total): From a Low Horse Stance - Step-over side kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#6, #7, #3, #5)

Bonus: From a Low Horse Stance: Do as many Back-Fist/Palm Heel Combo Strikes as you can in 1 minute. (*returning to elbow position in between*). Write down your score and try to beat it next time!

MY SCORE TODAY: _____

5 minute Cool down stretch