

## 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:

- Jog across the room for 30 seconds
- 1 minute wall chair
- Jog in place for 30 seconds
- Push-ups for 1 minute
- Jumping jacks for 30 seconds
- 1 minute V-ups

### Combo Strikes

10 strikes From a Half-Moon Stance: Rear Palm, Lead Thrust Punch, Rear Claw, Lead Roundhouse Elbow  
(face)(*alternate sides*)

10 strikes From a Side Horse Stance: Back-Fist, Side Kick low, Roundhouse Elbow(*alternate sides*)

10 Strikes From a Half-Moon Stance: Rear Cross Shuto, Lead Inside Hammer, Lead Circular Back-Fist  
(*alternate sides*)

10 Strikes Start From a Side Horse: Lead Back-Fist Strike high, Step Into a twist stance, Inside Hammer  
(low) (*alternate sides*)

### Practice Drills:

- 4 times (total): Half-Moon Forward across the room with The Rear Palm, Lead Thrust Punch, Rear Claw, Lead Roundhouse Combo.
- 4 times (total): Start From a Half-Moon Stance, Low Crescent Kick, Mid Crescent Kick, High Crescent Kick across the room. (*without putting your foot down*)
- 4 times (total): Half-Moon Backwards across the room with Lead Inside Block, Rear Elbow, Rear Reverse Elbow
- 4 times (total): Start From a Half-Moon Stance, Low Front Ball Kick, Mid Front Ball Kick, High Front Ball Kick across the room. (*without putting your foot down*)
- 4 times (total): Half-Moon Backwards across the room with Lead Low Block, Lead Roundhouse Elbow.

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

MY SCORE TODAY: \_\_\_\_\_

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5 minute Cool down stretch