

Blue/Blue Green 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:

- 30 Squats, 30 short bridges, 20 push-ups

Strikes/Blocks from a Horse Stance:

30 (total) Front 2 Knuckle punches 30 times (total) #1 & # 2 Block 30 Palm Blocks (total) left and right (palm block is the block from combination #3)

Practice Drills:

- Half Moon Forward 10 times with #1 and #2 block (Blocks should be off the Lead foot), then Half Moon Backwards 10 times with #1 and #2 Block (Blocks off the lead foot)
- Half Moon Forwards 10 times with #1 and #2 Block with Counter (Block/counter off the lead foot)
- Step Into Left Half moon Stance with LeW Palm Block 10 times
- Step into a Right Half Moon Stance with a Right Palm Block 10 times
- Step Into Left Half moon Stance with Left Palm Block, Half-Moon Forward with Right foot and #1 Block/ Counter, 10 times
- Step Into a Right Half moon Stance with Right Palm Block, Half Moon Forward with left Foot and #2 Block/ Counter, 10 times

Bonus: Do as many Palm blocks as you can standing on one leg. Do both legs. Write down your scores and try and beat them next time!

MY SCORES TODAY: Right Leg: _____ Left Leg: _____

5 minute Cool down stretch