

## 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 Front punches as fast as you can
- 20 Side Lunges
- 20 Front Kicks as fast as you can
- 60 second push-up hold

### Strikes while 1/2 mooning forward

- 10 strikes: Tiger's Mouth (1) w/ each 1/2 moon
- 10 strikes: Rising Elbow Elbow (1) w/ each 1/2 moon
- 10 Strikes: Leopard Strike (1) w/ each 1/2 moon
- 10 strikes: Ridge-Hand (1) w/ each 1/2 moon
- 10 strikes: Spear-Hand (1) w/ each 1/2 moon
- 10 strikes: Descending Elbow (1) w/ each 1/2 moon

### Practice Drills: Focus on returning to a horse stance in-between each kick

- 10 times (total): From a Horse Stance - Front Instep Kicks (proper chambers in-between)
- 10 times (total): From a Horse Stance - Back Kicks (proper chambers in-between)
- 10 times (total): From a Horse Stance: Crescent/ Reverse Crescent Combo Kicks
- 10 times (total): From a Horse Stance: Hook kick to your 12:00
- 10 times (total): From a Side Horse stance: Spinning Reverse Crescent Kick to your 12:00
- 10 times (total): From a Horse Stance: Instep/Roundhouse Combo to your 12:00
- 10 times (total): From a Horse Stance: Roundhouse Ball Kick to your 12:00

Bonus: Do as many Leopard Strikes 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