

Brown Belt and UP 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-up: Shadow box or hit the heavy bag for 2 minutes, aiming to combine all your strikes and kicks into one long fluid combo, then rest for 30 seconds. Do this 3 times.
- 6 Times each from Half Moon Stance: Double Upward Palms, Double Downward Shotos, Stepping Stool Knee Do 6 Flying Side Kicks (each side) over an obstacle. BE CAREFUL and land gently.

Practice Drills:

- 1 time each: All Grab Techniques from the back (rear choke, bear hug, etc.)
- 2 Times each: Do Combinations 1-10 *or* 11 and up, left handed
- 1 Time: Kata 1, 4, 5
- 1 Time each: All Grab Techniques from the front
- 1 Time: Kata 2, 6

BONUS: Do only the first move of all Combinations and Kempos as fast as you can. Time yourself, and try to beat your previous time!

MY SCORE TODAY: _____

- 5 minute cool down stretch