

Brown/Black 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:

- 30 seconds jog in place
- 10 Cat under the wire push-ups
- 30 seconds jog in place
- 30 Squats/upper cut combo
- 30 seconds jog in place
- 15 short bridges

Strikes in a Horse Stance

20 Willow Palm 20 Double Palm (chin) 20 Shuffle-up Forearm 20 Phoenix Fist

Practice drills:

- 5 times each leg from a half moon stance: Hook-Roundhouse Combo
- 2 times each: Combination 1,11,13,16,17,20 Face a new direction for each technique.
- 5 times each leg from a side horse stance: Hook Roundhouse Combo Kick
- 1 time each: All Previous combinations (2,3,4,5,6,7,8,9,10,12,14,15,18) Face a new direction for each technique
- 5 times each leg from a half moon stance: Instep Roundhouse combo kick
- 5 times each from a side horse stance: Spinning Hook Kick
- 1 Time each: 10 Kempos. Face a new direction for each technique
- 2 Times: 10 point Blocking system while 1/2 mooning

Bonus: Perform all your even numbered combinations from the left, then all odd numbered combinations starting from the left as quickly as you can. Write down your time and try to beat it next time!

My SCORE TODAY: _____

- 5 minute Cool down stretch