

## Green 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-ups:

- 10 Spinning Back-Fists
- 15 Horse Stance Squats
- 10 Round-house Elbows
- 15 Horse Stance Squats
- 10 Claw to the Face
- 15 Horse Stance Squats

### Block-Strikes while in a Horse Stance

10 strikes: Right Hand #3 Block, Right Cross Shuto, Left Thrust, Right Back 2 Knuckle (*alternate sides*)

10 strikes: Right Hand #1 Block, Right Hammer (temple), Left Palm, Right Circular Back-fist (*alternate sides*)

10 Strikes: Right Hand #5 Block, Right Hammer (ribs), Right Claw (face), Left Leopard (*alternate sides*)

10 strikes: Right Hand #7 Block, Right Mace Strike, Right Circular Back-Fist, Left Rising Shut (throat) (*alternate sides*)

### Practice Drills:

- 5 times (total): From a Low Horse Stance - Star Blocking System
- 10 times (total): From a Low Horse Stance: Spinning Back Kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#1, #11, #13, #16, #19, #20) (*return to low horse stance in-between each technique*)
- 5 times (total): From a Low Horse stance: 10 Point Blocking System (*no tension*)
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#10, #12, #14, #15, #17, #18) (*return to low horse stance in-between each technique*)
- 3 times (total): From a Low Horse Stance - 10 point Blocking system with Dynamic tension
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#2, #3, #4, #5, #6, #7, #8, #9)

Bonus: From a Low Horse Stance: Do as many Back-Fist/Palm Heel Combo Strikes as you can in 1 minute. (*returning to elbow position in between*). Write down your score and try to beat it next time!

- 5 minute cool down stretch