

## 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:

- Jog across the room for 30 seconds
- 1 minute wall chair
- Jog in place for 30 seconds
- Push-ups for 1 minute
- Jumping jacks for 30 seconds
- 1 minute V-ups

### Combo Strikes

10 strikes From a Half-Moon Stance: Rear Palm, Lead Thrust Punch, Rear Claw, Lead Roundhouse Elbow, Lead Back-Fist (face)(*alternate sides*)

10 strikes From a Side Horse Stance: Back-Fist, Side Kick low, Roundhouse Elbow (*alternate sides*)

10 Strikes From a Half-Moon Stance: Rear Cross Shuto, Lead Inside Hammer, Lead Circular Back-Fist, Lead Eye Rake (*alternate sides*)

10 Strikes Start From a Side Horse: Lead Back-Fist Strike high, Step Into a twist stance, Inside Hammer (low), Hook Kick(*alternate sides*)

### Practice Drills:

- 4 times (total): Half-Moon Forward across the room with The Rear Palm, Lead Thrust Punch, Rear Claw, Lead Roundhouse, Lead Back-Fist Combo.
- 4 times (total): Start From a Half-Moon Stance, Low Crescent Kick, Mid Crescent Kick, High Crescent, Low Crescent Kick across the room. (*without putting your foot down*)
- 4 times (total): Half-Moon Backwards across the room with Lead Inside Block, Rear Elbow, Rear Reverse Elbow, Lead Cross Shuto.
- 4 times (total): Start From a Half-Moon Stance, Low Front Ball Kick, Mid Front Ball Kick, High Front Ball Kick, Low Front Ball Kick across the room. (*without putting your foot down*)
- 4 times (total): Half-Moon Backwards across the room with Double Forearm Blocks, Front Cross Shuto, Rear Palm.

Bonus: Do as squats 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