

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:

- 30 Front punches as fast as you can
- 30 Side Lunges
- 20 Front Kicks as fast as you can
- 90 second push-up hold

Strikes while 1/2 mooning forward

10 strikes: Trigger Finger (1) w/ each 1/2 moon

10 strikes: Inverted Ridge (1) w/ each 1/2 moon

10 Strikes: Inverted Leopard Strike (1) w/ each 1/2 moon

10 strikes: U-Punch (1) w/ each 1/2 moon

10 strikes: Immortal Man (1) w/ each 1/2 moon

10 strikes: Rising Elbow (1) w/ each 1/2 moon

10 Strikes: Rolling Shuto (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 Ball 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/Roundhouse combo 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: Inside Axe Kick to your 12:00
- 10 times (total): From a Horse Stance: Roundhouse Knee to your 12:00
- 10 times (total): From a Horse Stance: Turning Side 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