

## 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 Squats, 30 short bridges, 20 push-ups

### Strikes/Blocks from a Horse Stance:

30 (total) Inside Hammer Strikes 30 times (total) #1 & # 2 Block with counterstrikes 30 Palm Blocks (total) left and right

### Practice Drills:

- Half Moon Forward 10 times (total) with #1 and #2 block (Blocks should be off the Lead foot)
- Half Moon Forwards 10 times (total) with #1 and #2 Block with Counter (Block/counter off the lead foot)
- Step Into Left Half moon Stance with Left Palm Block 10 times (repeat on other side)
- Step Into Left Half moon Stance with LeW Palm Block, Half-Moon Forward with Right foot and #1 Block/Counter 10 times (repeat on the other side)
- Step Into Left Half Moon Stance with LeW Palm, Block, Half Moon Forward, with Right Foot and #1 Block/Counter, Right Inside Hammer Strike (low) 10 times (repeat other side)
- Step Into Left Half Moon Stance with Left Palm Block, Half Moon Forward, with Right Foot and #1 Block/Counter, Shift and lunge legs slightly as you deliver a Right Inside Hammer Strike (to IT band) 10 times (repeat other side)
- Step Into LeW Half Moon Stance with LeW Palm Block, Half Moon Forward, with Right Foot and #1 Block/Counter, Shift and lunge legs slightly as you deliver a Right Inside Hammer Strike (to IT band), followed by Right Ridge Hand (groin) (repeat other side)

Bonus: Do as many Left Palm block/#1 Block Counter combos as you can standing on left leg. Then do as many Right Palm Block/#2 Counter combos as you can on your right leg. Write down your scores and try and beat them next time!

MY SCORES TODAY: Right Leg:\_\_\_\_\_ Left Leg:\_\_\_\_\_

- 5 minute cool down stretch