

Orange/Purple 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:

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

Strikes while 1/2 mooning forward

- 10 strikes: Thrust Punch (1) w/ each 1/2 moon
- 10 strikes: Round-House Elbow (1) w/ each 1/2 moon
- 10 Strikes: Leopard Strike (1) w/ each 1/2 moon
- 10 strikes: Claw (face) (1) w/ each 1/2 moon
- 10 strikes: Cross-Hammer (1) w/ each 1/2 moon
- 10 strikes: Hook Punch (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: Reverse Crescent Kicks
- 10 times (total): From a Horse stance: Round-House kick to your 12:00
- 10 times (total): From a Side Horse stance: Spinning Back Kick to your 12:00
- 10 times (total): From a Horse Stance: Instep/Roundhouse Combo 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