

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:

- 10 Hook Punches
- 15 Horse Stance Squats
- 10 Shutos to the Neck
- 15 Horse Stance Squats
- 10 Chicken Wrist (temple)
- 15 Horse Stance Squats

Block-Strikes while in a Horse Stance

- 10 strikes: Right Hand #3 Block/Right Cross Shuto(*alternate sides*)
- 10 strikes: Right Hand #1 Block/Right Hammer to the temple(*alternate sides*)
- 10 Strikes: Right Hand #5 Block/Right Shuto to the neck (*alternate sides*)
- 10 strikes: Right Hand #7 Block/Right Chicken wrist (temple) (*alternate sides*)

Practice Drills:

- 5 times (total): From a Low Horse Stance - 8 point Blocks with Counters
- 10 times (total): From a Low Horse Stance: Back Kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#2, #18, #4, #8) (*return to low horse stance in-between each technique*)
- 10 times (total): From a Low Horse stance: Reverse Crescent Kicks
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#6, #7, #3, #5) (*return to low horse stance in-between each technique*)

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

MY SCORE TODAY: _____

5 minute Cool down stretch