

## 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:

- 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 (face)(*alternate sides*)
- 10 strikes From a Side Horse Stance: Back-Fist, Side Kick low, Side Kick High (*alternate sides*)
- 10 Strikes From a Half-Moon Stance: Rear Cross Shuto, Lead Inside Hammer (*alternate sides*)
- 10 Strikes From a Side Horse: Lead BackFist Strike high, Inside Hammer (low) (*alternate sides*)

### Practice Drills:

- 4 times (total): Half-Moon Forward across the room with The Rear Palm, Lead Thrust Punch, Rear Claw Combo.
- 4 times (total): Start From a Half-Moon Stance, Low Crescent Kick, High Crescent Kick across the room. (try and land in a 1/2 moon stance in between each kick)
- 4 times (total): Half-Moon Backwards across the room with Outside Hammer Block, Front Instep Kick off Lead leg.
- 4 times (total): Start From a Half-Moon Stance, Low Front Ball Kick, High Front Ball Kick across the room. (try and land in a 1/2 moon stance in between each kick)
- 4 times (total): Half-Moon Backwards across the room with Outside Hammer Block, Front Instep Kick, Shuto Strike off Lead leg.

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