

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:

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

Strikes/Blocks from a Horse Stance:

24 (total) Front 2 Knuckle punches

24 times (total) #1 & # 2 Block

Practice Drills:

- Half Moon forward 10 times (total) with a lead Front 2 knuckle punch (same hand and foot should be forward at the end of each Half Moon), then Half Moon Backwards 10 times with a lead Front 2 Knuckle Punch
- Half Moon Forward across the room 10 times, then Backwards 10 times with a Lead Front 2 Knuckle Punch
- Half Moon Forward 10 times with #1 and #2 block (Blocks should be off the Lead foot), then Half Moon Backwards 10 times with #1 and #2 Block (Blocks off the lead foot)
- Half Moon Forwards 10 times with #1 and #2 Block with Counter (Block/counter off the lead foot)
- Half Moon Forwards 10 times with a Rear Front 2 Knuckle Punch (punch should come from the foot that is in the rear)
- Half Moon Backwards 10 times with a Rear Front 2 Knuckle Punch

Bonus: Do as many Front 2 Knuckle Punches as you can standing on one leg. Do both legs. Write down your scores and try and beat them next time!

MY SCORES TODAY: Right Leg: _____ Left Leg: _____

5 minute Cool down stretch