

White/Yellow Belt 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 Hammer strikes
- 15 Horse Stance Squats
- 10 Shutos to the Neck
- 15 Horse Stance Squats
- 10 Palm Heel Strikes
- 15 Horse Stance Squats

Block-Strikes while in a Horse Stance

10 strikes: Right Hand #3 Block/Right Back-Fist (*alternate sides*)

10 strikes: Right Hand #1 Block/Right Shuto to the neck (*alternate sides*)

10 Strikes: Right Hand #5 Block/Right Hammer to the ribs (*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
- 5 times (total): Start from a Low Horse Stance - Combination Techniques (#6, #7, #3, #5) (*return to low horse stance in-between each technique*)
- 10 times (total): From a Low Horse Stance: Back Kicks
- 10 times (total): From a Low Horse stance: Reverse Crescent Kicks

Bonus: Do as many Palm Heel Strikes (*returning to elbow position in between*), 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