

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:

- 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: Lead Palm, Rear Thrust Punch (*alternate sides*)

10 strikes From a Side Horse Stance: Back-Fist, Side Kick (*alternate sides*)

10 Strikes From a Half-Moon Stance: Lead Back-2 Knuckle, Rear Cross Shuto(*alternate sides*)

10 Strikes From a Side Horse: Lead Hammer-strike high, then low (Inside Hammer) (*alternate sides*)

Practice Drills:

- 4 times (total): Half-Moon Forward across the room with The Lead Palm, Rear Thrust Punch Combo.
- 4 times (total): Start From a Half-Moon Stance, Crescent Kicks 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 Inside Block, Front Instep Kick off Lead leg.
- 4 times (total): Start From a Half-Moon Stance, Front Ball Kicks 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 Inside Block, Front Instep Kick, Cross Shuto 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