

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:

- 15 squats, 15 short bridges, 15 Push-ups

Strikes/Blocks from a Horse Stance:

20 (total) Front 2 Knuckle punches 20 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)
- 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)
- 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)

Bonus: Do as many Front 2 Knuckle Punches as you can standing on one leg. You may hop around to catch your balance, but make the kicks good. Do both sides. Write your scores down and try and beat next time!

MY SCORE TODAY:Right Leg:_____ Left Leg:_____

- 5 minute cool down stretch