

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 Front punches as fast as you can
- 20 Side Lunges
- 10 Front Kicks as fast as you can
- 20 second push-up hold

Strikes while 1/2 mooning forward

- 10 strikes: Shuto Strike (1) w/ each 1/2 moon
- 10 strikes: Hammer Strike (1) w/ each 1/2 moon
- 10 Strikes: Palm Heel (1) w/ each 1/2 moon
- 10 strikes: Back-Fist (1) w/ each 1/2 moon

Practice Drills: Focus on returning to a horse stance in-between each kick

- 10 times (total): From a Horse stance - Front Ball Kicks (proper chambers in-between)
- 10 times (total): From a Horse stance - Back Kicks (proper chambers in-between)
- 10 times (total): From a horse stance: Crescent Kicks
- 10 times (total): From a horse stance: Side Kicks (proper chambers in-between)
- 10 times (total): From a horse stance: Rising knees

Bonus: Do as many front punches 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