

### **30 minute practice session - Yellow belt study (Do this 5 times a week)**

#### **Warm-up (7 minutes) - Choose 2-3 exercises from the following:**

- Leg raises (both legs to the front, both legs to the rear, both legs to the side - 10 times each)
- Push-ups - 3 sets of 10 each
- Kenpo Squats (Keep hands on the ground in front of you, kneel and then stand-up) - 3 sets of 10 each
- 2 count (feet like jumping jacks, circle arms)
- Squat kicks (squat down, come up and do a front kick, alternate each leg) - 10 each leg

#### **Basic Practice (10 minutes) (in a horse stance) - 10 times each**

- Uppercut punches
- Vertical punches
- Horizontal punches
- Upward blocks
- Hammering inward blocks
- Outward extended blocks
- Downward blocks
- Pushdown blocks

#### **Form / Set / Technique Practice (10 minutes) - Choose 1 of the following 3:**

- Short Form 1
  - Practice slowly checking each neutral bow (1 or 2 times through)
  - Practice with power (1 or 2 times through)
  - When you are ready add the second side
  - Go through the form as if you are performing it for a belt test
- Block Set 1 (Star Block)
  - Practice slowly, check the position of each block (1 or 2 times)
  - Practice with power (1 or 2 times)
  - Go through the set as if you are performing it for a belt test
- Technique Practice
  - Practice 3-4 techniques 10 times each in the air
  - Make sure to finish each technique with power
  - Execute a proper cover-out each time

#### **Cool down (3 minutes)**

- Light static stretching
  - Legs
  - Arms