



Home-Workout

Yellow/Green Belts & Up

Instructions

Hello Students,

These home-workouts are designed to help you supplement your usual class training. You can do them once a day or thrice a day—it's up to you. Adults should modify these exercises as necessary for their body. Kids can break up the exercises by choosing an animal exercise to do every other or every third exercise—either in 5-10 repetitions or in a lap if you have the room.

When working out at home be mindful of your standing surface and footwork. Take each exercise slowly at first to make sure of your stability.

You are also encouraged to go through your training guidebook and review previous belt level material including, forms, sparring combos, and self-defense. You might pick a belt level a week and practice all it's curriculum 5 times each day. You can find videos of the forms on our website.

Happy kicking,
Kristi Reeves

Warm Up

Exercise:	Repetition:
Forward Stretch Kicks	10 each side
Front Kick Chamber	20 secs/side
Side Stretch Kicks	10 each side
Round Kick Chamber	20 secs/side
Rear Stretch Kicks	10 each side
Side Kick Chamber	20 secs/side
Forward Pulse Kicks in air	10 each side
Forward Stretch Hold	10 secs/side
Side Pulse Kicks in air	10 each side
Side Stretch Hold	10 secs/side
Rear Pulse Kicks	10 each side
Rear Stretch Hold	10 secs/side
Forward Circle Kicks in air	10 each side
5 second Front Kicks	5 each side
Side Circle Kicks in air	10 each side
5 second Round Kicks	5 each side
Rear Circle Kicks in air	10 each side
5 second Side Kicks	5 each side
Reverse Crescent Kicks	5 each side
Reverse Round Kicks	5 each side
Reverse Side Kicks	5 each side

Curriculum

Exercise:	Repetition:
Combos from Current Form	1 lap
Sparring Combos	1 lap
Previous Form:	
No Hands, No Feet, No Eyes	
Current Form:	
Name Moves, Count Moves, Name & Count Moves	

Stretching

Exercise:	Repetition:
Butterfly	60 seconds
Elephant, 1 leg folded in, 1 leg straight to the side	30 sec each side
Wishbone, Both legs open	30 sec each side
	60 sec forward
Both legs forward feet flexed back	60 seconds

*"Good habits are just as hard
to break as bad ones"*

- Colleen Mariah Rae