

# REEVES

## Martial Arts & Fitness

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## Home-Workout

### Green/Blue 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:

Double Steps Forward	1 lap
Lunge Punch/Reverse Punch	10 each side
Reverse Steps	1 lap
High Knees	10 each side
Double Steps Backwards	1 lap
Low Block/Reverse Punch	10 each side
Double Step/Regular Step Forward	1 lap
Forward Stretch Kicks	10 each side
Double Step/Reverse Step	1 lap
Outer Forearm Block/Reverse Punch	10 each side
Double Step/Regular Step Backwards	1 lap
Side Stretch Kicks	10 each side
Double Step/Regular Step/Reverse Step	1 lap
Inward Block/Reverse Punch	10 each side
Double Step/Regular Step/Regular Step Forward	1 lap
Rear Stretch Kick	10 each side

### Combos

#### Exercise:

#### Repetition:

#2 Front Kick/ Lunge Punch/Reverse Punch	
#2 Inside Ax Kick.	10 each side
#3 Side Kick/Spin Hook Kick.	10 each side
#3 Jump Outside Ax Kick/ Lunge Punch/Reverse Punch/ #2 Front Kick.	10 each side
Lunge Backfist/Reverse Palm Strike/ Inside Crescent Kick/Spin Hook Kick	10 each side

### Curriculum

#### Exercise:

#### Repetition:

Sparring Combos	
One-Step Self-Defense	
Previous Form	
Current Form	

Write them in complete sentences. No peeking at the book.

*"Change is not merely necessary to life.*

*It is life."*

Alvin Toffler