



Perform each exercise, and drill to the best of your ability. Only mark an item as completed if you attempted and gave your best. We have two workouts listed, but train as much as you like! Turn this sheet in at your next in person session for full class credit. Also train and learn with our video workouts and tutorials:

[www.hickorykarate.com](http://www.hickorykarate.com)

Remember if you are stuck or have questions we are only a email away:  
[hickoryacademy@gmail.com](mailto:hickoryacademy@gmail.com)

<b>Workout 1: each workout will have some optional challenges or increased difficulty noted with an *</b>					
<b>Warm up</b>	<b>Stretch</b>	<b>Basics</b>			<b>Kata Heian One</b>
Two Rounds: 25 Pushups 25 Leg Lift 50 Crunches	Full body stretch from head to toe, with 25 stretch kicks on each leg. Leg swings on the wall if you have space.	25 times Back and Forth:  Teeter Totter  Front Roll and Back Roll	25 on each side:  Scoop Kick Front Kick Side Kick Round House	25 Each Side:  Front Stance Back Stance Kebodachi Stance	20 Repetitions or 20 minutes of Heian One.  Video Tutorial is online in our Students Zone.
<b>Workout 2</b>					
<b>Warm up</b>	<b>Stretch</b>	<b>Basics</b>		<b>Challenge</b>	
200 Jumping Jacks.  *You can do it! Break it up, take a few 10 second breaks, but don't quit.	Full body stretch from head to toe, with 20 stretch kicks on each leg. Leg swings on the wall if you have space.	Pyramid Kicks: 1 to 10  On a bag, the wall, with a partner, or to the air.  Push Yourself!	On a bag, with a partner, or shadow sparing (on your own)  3 Minutes of Combinations 1 Minute of Jumping Jacks No Rest	Academy Black Jack:  Pushups and Sprawls.	

\*Sensei's Challenge: Complete 15 Miles walk, run or jogged this week. You got this! \_\_\_\_\_

Mindful Minute: Reflect on this week and answer these questions.

- 1) What did you learn this week?
  
- 2) How can you keep this habit going?

Share Your Journey with us on Social Media. Make Sure to Tag the Academy and use the Hashtags #hickoryacademy and #keepmoving