



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

Remember if you are stuck or have questions we are only a email away:
hickoryacademy@gmail.com

Workout 1: each workout will have some optional challenges or increased difficulty noted with an *

Warm up	Stretch	Basics			Technique
50 Jumping Jacks _____ *100 Jumping Jacks _____ 100 Crunches	Arm circles, toe touches, wide leg stretch, and butterflies. _____	2 One Minute Round for each movement: 4 Points Base __	Upa _____ Leg Circles __ Bridge _____	Shrimp in Place _____ Roll Forward and Back _____	Arm Bar Movement _____

Workout 2

Warm up	Stretch	Basics			Technique
50 Jumping Jacks _____ 25 Leg Lifts _____ 20 Push Ups _____	Hold each for 10 seconds: Feet together, Feet Apart, Feet apart wide, feet apart as far as possible and touch your toes/ground.	2 One Minute Rounds Break Fall with Stand and Base (be careful) _____ Peak Our Drill _____ (from four points base kick your leg out and bring it back)	Tetter Totter _____ Shoulder stand to split Stretch _____ Plank _____ Sprawl _____	Bonus: Clean your room. _____ Watch a video interview with Master Pedro Sauer. _____	*If you have a partner: Push and pull defense. _____ Front Choke Defense. _____

*Sensei's Challenge: Do both workouts back to back three times this week for a character stripe. _____

What did you learn this week:

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