

Name. _____

Home Training Log

Week: _____



Perform each exercise, and drill to the best of your ability. Only mark an item as completed if you attempted and gave your best. 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

Warm Up:

_____ 100 Jumping Jacks _____ 25 Sit ups _____ 25 Pushups

Kicks: _____ 25 Side Kicks _____ 25 Round Houses _____ 25 Hook Kicks
_____ 25 Front Kicks _____ 25 Scoop Kicks

Punches: _____ 25 Jabs _____ 25 Crosses _____ 25 Ridge Hands _____ 25 Hooks
_____ 25 Uppercuts

Stances: _____ 25 Front Stances _____ 25 Backstances _____ 25 Cat Stances

_____ Shadow Sparring: (Five 3 Minute Rounds) 1 - 8 punches with sprawls and kicks.

Bo Staff: _____ Figure 8's with two hands, single hand, and walking forward and backwards.

_____ Basic Combo: High Block, Low Block, Push Block, Overhead Strike, Weak Strike, Power Strike, X Strike both sides, spear, and uppercut.

Kata:

_____ 2 times slow, _____ 2 Times Medium _____ 1 Time Full Out (push yourself)

20 Repetitions of a small part of the kata you need work on (no more than 5 moves)

Mark all the Days you completed this workout (honor system)

____Monday ____Thursday ____Wednesday ____Thursday ____Friday ____Saturday

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?