



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
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 _____ Forward, Forward, Back, Back, Side, Side Drill _____ Ninja Walk ____ Mountain Climbers ____ Shrimp in Place _____ Roll Forward and Back ____		*If you have a partner Lunch Money Grab _____ Rear Choke (dragged)
Workout 2				
Warm up	Stretch	Basics		Technique
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 25 stretch kicks on each leg. Leg swings on the wall if you have space.	25 Reps: Break Fall with Stand and Base (be careful) _____ Sprawls _____ Hip Escapes (shrimp) Side to side ____	10 3 minute rounds with one minute of jumping jacks between each round Round 1 _____ rolls Round 2 _____ Self defense stance and move Round 3 _____ Jabs and Crosses Round 4 _____ armbar from mount Round 5: _____ Choose your own	*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