

Young Warriors – ORANGE BELT @ HOME WORKSHEET

Hand Strikes (each □ = 50 repetitions)

Shuto Strike (R) □ (1,000)
 Shuto Strike (L) □ (1,000)
 Backfist Strike (R) □ (1,000)
 Backfist Strike (L) □ (1,000)
 Palm Heel Strike (R) □ (1,000)
 Palm Heel Strike (L) □ (1,000)

Kicks (each □ = 25 repetitions)

Side Blade Kick (R) □ (500)
 Side Blade Kick (L) □ (500)
 Side Thrust Kick (R) □ (500)
 Side Thrust Kick (L) □ (500)

Blocking Set (each □ = 5 Sets of 8 blocks)

8 Pt. Blocking Set (Horse stance) □ (100)
 Above 1/2 Mooning backward □ (100)

Miscellaneous (each □ = 10 repetitions)

6 Elbow Drill (R) □ (200)
 6 Elbow Drill (L) □ (200)
 Box Step to Double Knife Hand Block □ (200)
 Forward Roll □ (200)

Techniques (each □ = 10 repetitions right and left-handed)

DM#7 □ (500)
 DM#3 to backfist □ (500)
 Kempo C □ (500)
 Kempo D □ (500)
 Overhead Club #2 □ (500)
 Side Club #1 □ (500)

Form (each □ = 4 repetitions)

PINAN ONE (1st half) □ (80)

Line Drill (each □ = 2 minutes continuous)

Orange Belt Line Drill (forward) □ (40min)
 Orange Belt Line Drill (backward) □ (40min)

Scripture Memory (each □ = 5 repetitions)

2 Corinthians 10:3-4a □ (100)

Dates of Home Practice: (5-10 minutes minimum)

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