Young Warriors - YELLOW BELT @ HOME WORKSHEET

Hand Strikes (each = 50 repetitions)

Front Two Knuckle punch (R) Front Two Knuckle punch (L) Thrust punch (R) Thrust punch (L) Back Two Knuckle punch (R) Back Two Knuckle punch (L) Hammer strike (R) Hammer strike (L)	
Kicks (each 🗆 = 25 repetitions	2
Front Ball Kick (R)	
Front Ball Kick (L)	$\Box \Box $
Front Instep Kick (R)	$\Box \Box $
Front Instep Kick (L)	
Blocking Set (each $\Box = 5$ Sets	s of 8 blocks)
Miscellaneous (each □ = 30 s	seconds continuous)
Slap out from a crouch	
Jump Switch	
3 Stance Flow Drill	□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □
<u>Techniques</u> (each $\Box = 10$ repo	etitions)
Kempo B (R)	
Kempo B (L)	
Overhead Club #1 (R)	
Overhead Club #1 (L)	
<i>Form (each</i> □ = 4 repetition)	
White Belt Kata	
Line Drill (each = 2 minutes	s continuous)
Yellow Belt Line Drill (forward)	
Yellow Belt Line Drill (backward)
Scripture Memory (each 🗆 =	5 repetitions)
1 Corinthians 10:31	
Dates of Home Practice:	