YELLOW BELT @ HOME WORKSHEET

<i>Hand Strikes</i> (each $□ = 50$ repet	<u>ritions)</u>
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)	(1,000)
Kicks (each $\Box = 25$ repetitions)	
Front Ball Kick (R)	
Front Ball Kick (L)	
Front Instep Kick (R)	(500)
Front Instep Kick (L)	(500)
Side Blade Kick (R)	(500)
Side Blade Kick (L)	(500)
Blocking Set (each $\Box = 5$ Sets of 8 blocks)	
8 Pt. Blocks (Horse stance)	
8 Pt. Blocks (1/2 Mooning backward)	
Miscellaneous (each $□ = 2$ minutes continuous)	
Slap out from a crouch	(10min)
Jump Switch	(10min)
3 Stance Flow Drill	(10min)
Techniques (each \Box = 10 repetitions right and left-handed)	
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Form (each \Box = 4 repetitions)	
White Belt Kata	000000000000000000000000000000000000000
Line Drill (each $\Box = 2$ minutes con	ntinuous)
Yellow Belt Line Drill (forward)	
Yellow Belt Line Drill (backward)	(40min)
Scripture Memory (each $\Box = 5$ repetitions)	
1 Corinthians 10:31	