



Practice Sheet

NAME _____

Green Belt

Mon Tue Wed Th Fr Sat Sun

Daily Exercise

25 Jumping Jacks							
25 Push Ups/25 Sit Ups							
Stand Stretch-Feet Wide Apart 10 Count							
Feet Together - Toe Touches 10 Count							
Butterfly Stretch - 10 Count							
Straddle Stretch 10 Count-Center/Left/Right							

Journey: Part 3 - 3 times each day							
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Jab/Punch/Back Leg Round Kick/Step Side

Jump Front Kick/Drop-High Block/Punch

Strikes: Defensive Stance - 10/Day

Double Round Kick/Punch							
Back Leg Front/Back Leg Round/Punch							
Jab/Punch/Back Leg Round/Step Side Kick							