



**Orange Belt**

Mon    Tue    Wed    Th    Fr    Sat    Sun

<b>Daily Exercise</b>								
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								

<b>Journey: Part 2 - 3 times each day</b>								
1	Turn Right Hammer Strike Right Hand Left Front Kick/Left-Right Double Punch							
2	Turn Left Hammer Strike Left Hand Right Front Kick/Right-Left Double Punch							
3	Feet Together: 4 Count Side Kick							

**Strikes: Defensive Stance**

Jab/Punch/Wheel Kick/Punch 10 each day								
Offensive Side Kick/Punch 10 each day								
Front Leg Round Kick/Punch 10 each day								