

## Experienced q2 w1 - 30th March - Reminders

<b>Warm Up</b>	Four Corners - four exercises
<b>Linework</b>	Training with limited space  Short stance, but still correct Working from a spot
<b>Start Position</b>	The mid point of the stance is the start position  On the spot, or stepping out from this position  Speed to the start position, treat it like a block
<b>Formal Start Positions</b>	Mid side for middle block / back fist  Open for inward blocks
<b>High-side start pos</b>	<b>Practice 3 sets of 10 each side. Step forward / back</b>
Blocks	Low, High, Rising
Strikes	Knifehand Strike Backfist - Front
<b>Mid-side start pos</b>	<b>Practice 3 sets of 10 each side. Step forward / back</b>
Block	Middle block Middle reverse knifehand (as Joong Gun)
Strike	Backfist - Side
<b>Other Start positions</b>	<b>Wedging Block</b> - practice 10x each side step fwd/back  Twin Forearm - practice in 'L' stance 10 x each side Guarding Block - practice in 'L' stance 10 x each side  Open for Inward blocks

- Kicks** On the spot, or one step max  
Forward \*and\* Back
- Chamber Work on the chamber with SPEED  
Always high, no matter the section
- Front kick** - each drill 10 x each leg (2 - 3 sets for experienced)
- Front Kick - chamber only  
Front leg kick -  
Step forward & kick (normal front kick)  
Step Back & Kick
- Side Kick** - each drill 10 x each leg (2 - 3 sets for experienced)
- Chamber Only - high, foot in line with back leg  
Use hand as target
- Step up to chamber
- Front leg side kick on spot  
Step up Side Kick
- Back leg to chamber position (use hand as target)  
Back leg side kick
- Reverse side kick - SAME CHAMBER
- Even if kicking low - SAME CHAMBER
- Don't forget:** Check in to let me know you've done the class!
- Send me some feedback & questions
- Do the bonus Apex workout!