# Martial Arts 2 Week Solo Training Schedule v. 2.0



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Trained daily: %

## **Morning**

- Stretch: 10 minutes
- Light Workout: 30 minutes

# Non-circuit strength training

(Tuesday & Thursday, denoted by \*)

- Full Monk's Set Isometrics
- Grip & Neck Training
- Conditioning/Hardening

#### **Pre-circuit**

- Stretch: 15 minutes
- Warm-up: 10 minutes of Calisthenics

### Circuit

## Leg Swings

• Front, Side, Outside, Inside x5

#### Basics

 Reverse Punch, Lunge Punch, Front Kick, Side Kick, Round Kick, Hook Kick, Back kick, Twist Kick: x15

#### **Footwork**

- Side & Front Switch Step x30
- TKD Footwork Drills 3x20

#### **Forms**

- Sanchin x2
- Taekyoku x2

• Bagua Tuifa mini-form x1

#### **Bagwork**

- Single Tech 5x10
- Combo 3x10

#### **Isometrics**

- Held Front Kick, Held Side Kick: 15 seconds
- Grip: open, pinch and closed, 6 seconds each
- Mabu: 35 breath count

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