

CANDIDATE CLASS WEEK 4

WARM UP	VIDEO 1	1 MINUTE EACH 1) JOGGING 2) JUMP ROPE PRETEND 3) JUMPING JACKS 4) DANCING (OR YOUR FAVORITE EXERCISE) 5) PUNCHES	
PREP FOR PRECHECK 2	COUNT KICKING VIDEOS	1-4/1-6/1-8 Count Kicking 1-10 Count Kicking 1-2-3 Count Kicking	
	KATA VIDEOS	Practice Each Kata at least 3 times each. (Use Videos if you need to.) Appreciation Form Dragon Kata Form 1 Short 2 Short 3	
		Chuk 1 Chuk 2	
	PUMPING KICKS	25 of Each Front, Round, Side	
	FITNESS 1 FITNESS 2 FITNESS 3	Do the 3 Fitness Rounds	