

WE MISS YOU WORKOUT

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| WARM UP | VIDEO 1 | 1 MINUTE EACH 1) JOGGING 2) JUMP ROPE PRETEND 3) JUMPING JACKS 4) DANCING (OR YOUR FAVORITE EXERCISE) 5) PUNCHES | |
| CURRICULUM | CURRICULUM | Curriculum Video | |
| | COUNT KICKING VIDEO | 1-4/1-6/1-8 Count Kicking | |
| | KATA VIDEOS | Practice Each Kata up to your rank at least 3 times each. (Lil Champion ones are for Lil Champions Only)(Use Videos as needed.) Lil Champion White & Yellow Belts: Li'l Champion Form One Lil Champion Orange & Purple Belts: Li'l Champion Form Two White Belts: Appreciation Form Yellow Belts: Dragon Kata Orange Belts: Form 1 Purple-Blue-Green Belts: Short 3 Brown - Red- High Red Belts: Booklet Black Belts: American Bo Form | |
| | FITNESS 1 FITNESS 2 FITNESS 3 | Do the 3 Fitness Rounds | |
| | STRETCH | Go Through your Favorite Stretches | |