InnerActive Martial Arts Practice Schedule Advanced (Blue and Red Belts) 15-25 Minutes Daily (5 Days)



Name:		٧	Veek	1			Week 2					Wee	ek 3				٧	Veek	4		Week 5					
	Date:					Date:					Date:					Date:					Date:					
Month:		Ν	linute	es			Ν	inute	es			Μ	inute	es			Μ	linute	es			М	inute	S		
Technique	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	
Forms																										
Upper-Body Strikes																										
Jump Spin Backhand																										
Blocks 1-6																										
Breathing Ex. 1-5																										
Adv Breathing Ex 1-2																										
Compass 1-4																										
Walking Forms																										
Rising Sun Form																										
Bear Form																										
Hammer Form																										
Wind Form																										
Eagle Form																										
Raging River Form																										
KICKS																										
Front Kick																										
Scissor Front Kick																										
Jumping Front Kick																										
Side Kick																										
Advancing Side Kick																										
Spinning Side Kick																										
Inside/Outside Cres Kick																										

		Week 1					Week 2					Week 3					Week 4					Week 5			
Technique	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Spinning Inside Cres Kick																									
Spin Outside Crescent Kick																									
Jump-spin Inside Cres																									
Round House Kick																									
Heavy Round House Kick																									
Scissor RH Kick																									
Jump Spinning RH Kick																									
360/Spin Hook Kick																									
Hook Kick/Adv Hook Kick																									
Spin Hook Lvl 0																									
Spin Hook Lvl 1																									
KICK COMBINATIONS																									
RH-360																									
Front-Side-RH Walk																									
RH-Recoil-Front-Side																									
Jump Spin Cresc X3																									
Front-Side-RH (No drop)																									
RH-Sp Hook-Spin Cres-Spin Hook																									
RH-Sp Hook- 1- 0																									
RH-Jump Spin RH																									
Low-High RH																									
Forwards Drop																									
Forwards Breakfall (All)																									
Bakwards Drop																									
Backwards Breakfalls (All)																									
Push Blocks (All 3)																									
Total Daily Minutes:																									
Total Weekly Minutes:																									
Total Monthly Minutes	(37	75-6	25 I	Min)):							Pa	arei	nt S	igna	atur	'e:								