

InnerActive Martial Arts Practice Schedule: Advanced (Blue, Red, Brown Belts) 25-35 Minutes Daily (5 Days)

Name:	Dat	Week 1					Week 2						ek 3			Week 4						Week 5				
Month:		Date:				Date:																Date:				
		Minutes							nutes		Minut					Minutes				Minutes						
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	ŗ	
Forms																										
Upper-Body Strikes																										
Blocks 1-6																										
Breathing Ex. 1-5																										
Compass 1-4																										
Walking Forms																										
Rising Sun Form																										
Bear Form																										
Hammer Form																										
Wind Form																										
Eagle Form																										
Raging River Form																										
Adv Breathing Ex 1-2																										
Fire Form																										
Punch Form																										
Falcon's Claw																										
Crane Form																										
Advanced Breathing Ex. 3-4																										
KICKS																										
Front Kick																										
Side Kick																										
Inside/Outside Cres Kick																										
Scissor Front Kick																										
Spinning Inside Cres Kick																										
Round House Kick																										
Jump-spin Inside Cres																										
360/Spin Hook Kick																										
Inside/Outside Axe Kick																										
Advancing Side Kick																										
Heavy Round House Kick																										
Scissor RH Kick																										
Hook Kick/Adv Hook Kick																										
Spin Hook Lvl 0																										
Jumping Front Kick																										
Spinning Side Kick																										

		Week 1					Week 2					Week 3					Week 4				Week 5			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
Spin Outside Crescent Kick								_														_			
Jump Spinning RH Kick																									
Spin Hook Lvl 1																									
Jump Spin Outside Cres.																									
Spinning Heel																									
Forwards Sweep- Lvl 1																									
Forwards Sweep- Lvl 0																									
Jump Spinning Side																									
Hopping Spinning Hook																									
KICK COMBINATIONS																									
Front-Side-RH Walk																									
RH-360																									
RH-Recoil-Front-Side																									
Jump Spin Cresc X3																									
Low-High RH																									
Front-Side-RH (No drop)																									
RH-Sp Hook-Spin Cres-Spin Hook																									
RH-Sp Hook- 1- 0																									
RH-Jump Spin RH																									
Jump Sp. Inside X 6																									
Front-Side-RH-Hook (no drop)																									
Outside-Spin Outside- Jimp Spin Outside																									
RH- Jump Spin RH- Adv Side- Spin Hook																									
Hook Kick- Roundhouse																									
BREAKFALLS																									
Forwards Drop																									
Forwards Breakfall (All)																									
Bakwards Drop																									
Backwards Breakfalls (All)																									
Side Breakfall																									
Rolling Side Breakfall Lvl 1																									
OTHER TECHNIQUES																									
Push Blocks (All 3)																									
Jump Spin Backhand																									
Kick-up																									
Pushup leg pass to front																									
Total Daily Minutes:																									
Total Weekly Minutes:																									
Total Monthly Minutes (375-	62	<u>г</u> М	in)·									Par	en [.]	t Si	ana	tur	'e:								
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