

Master Beller's Challenge

One-steps and Form



"What you do today can improve all your tomorrows."

Warm ups (Aerobic Exercises)

1. 100 jumping jacks
2. 10 burpees (Remember hands inside feet)
3. Raise right leg ten times head level
4. Raise left leg ten times head level

One-steps and Form

1. Do your one-steps once (Imagine a fast punch)
2. Do your form once (Imagine a strong attacker)
3. Sit cross-legged and meditate (close your eyes) on your form. Imagine again a strong attacker and move with a slow-quick rhythm
4. Do your form again the way you visualized it
5. Do your one-steps with strong attacks

Break for a few minutes

1. Do your form progressively (Do your first move and start over. Do your first move again but add one more move and start over. Continue the pattern) Block and strike with determination
2. Pick one move in your form that can be difficult and repeat it ten times

Break for a few minutes

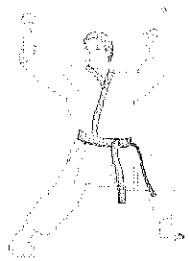


Resistance Exercises

1. Twenty push-ups
2. 15 hands up push-ups
3. 10 push-ups with a punch after each push-up

Stretching Exercises

1. Hold splits for 30 seconds
2. Do the bridge 3 times with 5 second holds
3. Do the bow 3 times with 5 second holds
4. Hold splits for 30 seconds
5. Sit with feet out, grab the ball of feet with hands and hold ten seconds (Two reps)
6. Stand and do 10 jumping jacks



"Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best."

Student Signature: _____

Parent Approval: _____

Return this form to your instructor.