

At-Home Target Practice Sheet

✓Check mark your progress

DATE _____

HIT: Hit target on the bull's eye with first out to the right and fist lower than point when the hit happens
 PARRY HIT: After parry count loud to 1 (point move to target first) then 2 (arm extension hit).
 FEINT: Point moves towards target just by an inch while front toe lifts.

There are 4 sections outlined on this practice sheet. Each section should take about 10 minute to complete. The whole sheet is scheduled to complete in about 40 minutes!

Exercise #1 ON GUARD HIT Stand in on guard an arm hit from target. Single hit target with full arm extension.	Reps: 100 hits	<input type="checkbox"/>
Exercise #2 ON GUARD HIT DOUBLE HIT Stand in on guard an arm hit from target. Hit target with full arm extension then double hit.	Reps: 100 hits	<input type="checkbox"/>
Exercise #3 ON GUARD HIT PARRY HIT Stand in on guard an arm hit from target. Single hit target with full arm extension. Then parry and single hit target again. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #4 ON GUARD FEINT HIGH DISENGAGE HIT HIGH Stand in on guard an arm hit from target. Feint, disengage single high parry (alternating 4 and circle 6) and hit target with full arm extension. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #5 ADVANCE HIT Stand in on guard advance distance from target. Single hit target with full arm extension.	Reps: 100 hits	<input type="checkbox"/>
Exercise #6 ADVANCE HIT DOUBLE HIT Stand in advance distance from target. Hit target with full arm extension then double hit.	Reps: 100 hits	<input type="checkbox"/>
Exercise #7 ADVANCE HIT PARRY HIT Stand in advance distance from target. Single hit target with full arm extension. Then parry and single hit target again. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #8 FEINT HIGH DISENGAGE ADVANCE HIT HIGH Stand in advance distance from target. Feint, disengage single high parry (alternating 4 and circle 6) and hit target with full arm extension. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>

Exercise #9 LUNGE HIT Stand in lunge distance from target. Single hit target with full arm extension.	Reps: 100 hits	<input type="checkbox"/>
Exercise #10 LUNGE HIT DOUBLE HIT Stand in lunge distance from target. Hit target with full arm extension then double hit.	Reps: 100 hits	<input type="checkbox"/>
Exercise #11 LUNGE HIT PARRY HIT Stand in lunge distance from target. Single hit target with full arm extension. Then parry while in lunge and single hit target again. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #12 FEINT HIGH DISENGAGE LUNGE HIT HIGH Stand in lunge distance from target. Feint, disengage single high parry (alternating 4 and circle 6) and hit target with full arm extension. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #13 ADVANCE LUNGE HIT Stand in advance lunge distance from target. Single hit target with full arm extension.	Reps: 100 hits	<input type="checkbox"/>
Exercise #14 ADVANCE LUNGE HIT DOUBLE HIT Stand in advance lunge distance from target. Hit target with full arm extension then double hit.	Reps: 100 hits	<input type="checkbox"/>
Exercise #15 ADVANCE LUNGE HIT PARRY HIT Stand in advance lunge distance from target. Single hit target with full arm extension. Then parry and single hit target again. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>
Exercise #16 FEINT HIGH DISENGAGE ADVANCE LUNGE HIT HIGH Stand in advance lunge distance from target. Feint, disengage single high parry (alternating 4 and circle 6) and hit target with full arm extension. Get back into on guard and start again.	Reps: 100 hits	<input type="checkbox"/>