

# At-Home Footwork Practice Sheet

✓ Check mark your progress

DATE \_\_\_\_\_

<b>Exercise #1</b> Advance	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #2</b> Retreat	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #3</b> Double advance	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #4</b> Double retreat	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #5</b> Double advance one retreat	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #6</b> Double retreat one advance	2 min	slow, steady, and controlled	<input type="checkbox"/>
<b>Exercise #7</b> Pyramid footwork One advance one retreat Two advances two retreats Three advances three retreats	4 min	slow, steady, and controlled 5 per minute do 20 sets	<input type="checkbox"/>
<b>Exercise #8</b> On garde #4 lunge back to #4	4 min	No hands on the floor to help! 6 sets = 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #9</b> Lunge bend back knee turn opposite lunge bend back knee turn back to original lunge	3 min	No hands on the floor to help! 8 sets = 30 seconds do 8 sets	<input type="checkbox"/>

<b>Exercise #10</b> Hot feet	3 min	No wobbling - steady upper body 6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #11</b> 4 hot feet toe lift advance 4 hot feet reach retreat	3 min	No wobbling - steady upper body 6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #12</b> Lunge - recover - one retreat	3 min	bent knee 6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #13</b> Tiny advance lunge - recover - one retreat	3 min	bent knee 6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #14</b> On garde - lift front toe Kick out for lunge - arrive on heel Roll front foot to final lunge - recover	3 min	Deep on guard to start with 6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #15</b> On garde - go down #1, #2, #3, and #4 positions Slowly come up - #4, #3, #2, and #1 positions	3 min	6 sets of 30 seconds do 6 sets	<input type="checkbox"/>
<b>Exercise #16</b> On garde - lift front toe - lift front heel Hold on one foot for 10 seconds at a time Lunge and recover	2 min	5 sets = one minute do 10 sets	<input type="checkbox"/>
<b>Exercise #17</b> Calf raises right foot Calf raises left foot	2 min	30 calf raises per foot = 1 set do 2 sets	<input type="checkbox"/>

Total minutes

45