

EDGE MARTIAL ARTS: DIGITAL DOJO // TRAINING WORKSHEET (WEEK 1)

Remember to go online at www.edge-ma.com/digital-doj (password: DobbsFerry) for an online class perfect for beginners, intermediate students, and black belts alike. Challenge yourself to complete the online class three times this week – and be sure to log your progress below!

WEEK 1 TRAINING SESSIONS

1. Workout*

Training Session #1

Training Session #2

Training Session #3

2. Stretch

Training Session #1

Training Session #2

Training Session #3

3. Kihon/Basics

Training Session #1

Training Session #2

Training Session #3

4. Round Kicks

Training Session #1

Training Session #2

Training Session #3

5. 3-for-3s

Training Session #1

Training Session #2

Training Session #3

6. Kata**

Training Session #1

Training Session #2

Training Session #3

7. Weapons**

Training Session #1

Training Session #2

Training Session #3

8. Self-Defense**

Training Session #1

Training Session #2

Training Session #3

BONUS TRAINING

Send Us / Tag Us in a Photo of Your Training

Send Us / Tag Us in a Video of Your Training

Kick Challenge

Train with a Parent or Sibling

Email the Sensei with a Question

Set a Goal for your Next Training!

Please read!

Please send photos and videos to info@edge-ma.com or tag us on Facebook or Instagram using [@edge_martialarts](https://www.instagram.com/edge_martialarts) and [#edgemartialarts](https://www.facebook.com/edgemartialarts)



* If you can beat Senpai Jordan's time on the workout, you can win an Edge t-shirt! (Video required!)

** Intermediate & Advanced students can work Kata, Weapons, and Self-Defense each training session, or choose one subject to focus on in each training session.

Remember, in addition to video lesson plans and modules, we also have a full video library in our curriculum section on our Student Area: www.edge-ma.com/student-area/ (password: DobbsFerry)

A NOTE TO PARENTS

Just as with academic homework, kids do their best when they feel like they have help, support, and encouragement from their parents. Please help keep our students on-track with the training by printing out this worksheet, and being an active participant in their at-home practice! At the end of each week, please send us a photo, scan, or PDF of their completed worksheet. Worksheets can be submitted into the Google Drive link at www.edge-ma.com/digital-doj Thank you for helping our students stay motivated and invested in their training – in this difficult time, having a martial arts spirit is more important than ever. Perseverance and courage is appreciated amid the current uncertainty, and we want to thank you all for your support.