

# AT HOME CHALLENGE—WEEKLY TRAINING

## GRECA MARTIAL ART ACADEMY

### WEEK 1 TRAINING SESSION

1. STRETCHING       - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!
2. BASIC TRAINING     - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!
3. HIGHEST PATTERN    - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!
4. SPEED DRILL       - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!
5. STRENGTHENING     - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!
4. OBSTACLE COURSE    - TRAINING SESSION 1     - TRAINING SESSION 2     - I DID IT!

### BONUS TRAINING

TRAIN WITH A PARENT    - I DID IT!

BLOCKING DRILL    - I DID IT!

TRAIN WITH A FRIEND OR FAMILY MEMBER    - I DID IT!

UPLOAD A PICTURE OF YOU TRAINING    - I DID IT!

UPLOAD A VIDEO OF YOU TRAINING    - I DID IT!



### A NOTE TO PARENTS

THIS IS PERFECT TIME TO TEAM UP WITH US TO KEEP YOUR FRIENDS, FAMILY AND LOVED ONES MOTIVATED, INSPIRED AND HEALTHY. TOGETHER WE CAN ANY ADVERSITY. PLEASE SIGN THE SHEET BELOW UPON YOUR CHILD'S COMPLETION OF THIS WEEK'S AT HOME TRAINING CHALLENGE. THANK YOU!

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PARENT SIGNATURE

DATE