



# Strike Stick™ Progression

## 4 Week Program



Monday	Wednesday	Friday
<p><u>Stance Setup</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p><u>Stance Setup - 2 Hands</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ Drive-Catch™</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p><u>Stance Setup - 2 Hands/ Drive-Catch™</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>
<p><u>Stance Setup - 2 Hands/ Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ 2 Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p><u>Stance Setup - 2 Hands/ Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ 2 Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ 3 Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p><u>Stance Setup - 2 Hands/ 2 Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ 3 Drive-Catch™/ 2 Hand Strike</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ 3 Drive-Catch™/ 2 Hand Strike/ Post</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>
<p><u>Stance Setup</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands</u> Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p><u>Stance Setup - 2 Hands</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 2 Hands/ Drive-Catch™</u> Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p><u>Stance Setup - 1 Hand</u> Right Kickstand - Right Hand 25 Reps Left Kickstand - Left Hand 25 Reps</p>	<p><u>Stance Setup - 1 Hand</u> Right Kickstand - Right Hand 5 Reps Left Kickstand - Left Hand 5 Reps</p> <p><u>Stance Setup - 1 Hand/ Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 25 Reps Left Kickstand - Left Hand 25 Reps</p>
<p><u>Stance Setup - 1 Hand/ Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 5 Reps Left Kickstand - Left Hand 5 Reps</p> <p><u>Stance Setup - 1 Hand/ 2 Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 25 Reps Left Kickstand - Left Hand 25 Reps</p>	<p><u>Stance Setup - 1 Hand/ 2 Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 5 Reps Left Kickstand - Left Hand 5 Reps</p> <p><u>Stance Setup - 1 Hand/ 3 Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 25 Reps Left Kickstand - Left Hand 25 Reps</p>	<p><u>Stance Setup - 1 Hand/ 2 Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 5 Reps Left Kickstand - Left Hand 5 Reps</p> <p><u>Stance Setup - 1 Hand/ 3 Drive-Catch™/ 1 Hand Strike</u> Right Kickstand - Right Hand 5 Reps Left Kickstand - Left Hand 5 Reps</p> <p><u>Stance Setup - 1 Hand/ 3 Drive-Catch™/ 1 Hand Strike/ Post</u> Right Kickstand - Right Hand 25 Reps Left Kickstand - Left Hand 25 Reps</p>