

Train Anywhere: A Solo Practice Guide for Any Martial Art

Mat Manual companion guide to "The Empty Room: How to Practice Alone and Make It Count." Print it. The article gives the method: one target, a steady session shape, honest feedback. This guide gives the sessions themselves — drill menus, timed templates, ladders, finishers, checklists, and plans you can run in a living room, a garage, a hotel room, or a park, with no partner and, if needed, no equipment at all.

Name: _____ Gym/Dojo: _____ Art: _____

SAFETY, BEFORE ANYTHING ELSE ☐ Solo grappling work in this guide is movement and flow only. No chokes, no joint locks, no throws, and no submissions are practiced alone, on furniture, or on an untrained helper. Ever. ☐ Practice only techniques you have been taught in class. This guide organizes practice; it does not introduce new techniques to test at speed at home. ☐ Clear the space before every session: floor, walls, furniture, and overhead. If overhead room is in doubt, no weapon or training tool is raised in that space. ☐ Keep full-power striking for pads, bags, and supervised class work. Air strikes in this guide are crisp and controlled, about seventy percent, so your joints — not a target — are not what stops the limb. ☐ Stop for sharp pain, joint pain, a pinch, numbness, dizziness, or chest pain. Muscle effort is normal. Pain that changes how you move is a stop signal, and a recurring one is a conversation with your instructor and a clinician. ☐ Never practice falls, rolls, or bridges on a hard floor. Use a mat, or clear carpet for slow movement only, and keep your head and spine protected. ☐ Keep pets and small children out of the practice area during rounds, keep water nearby, and leave at least one full rest day in every week.

Part 1: Choose One Target

Every session in this guide runs on one target. Write it before you warm up. A target you cannot judge is a wish, so use the builder and the bank below.

The Target Builder

Finish this sentence: "By the end of this session, _____ will happen on _____ of 10 reps, checked by _____."

Slot	Good choices	Example
The action	Rechamber, guard return, stance landing, pivot, frame, stand-up base	Rechamber after every front kick
The count	7 of 10, 8 of 10, every rep in round 3, no pause in one section	8 of 10 kicks
The check	Mirror, video, tape mark, count aloud, notebook mark	Side-view video, one round

The Target Bank, by Art Type

Pick one row. Do not combine rows in one session.

Art type	Target 1	Target 2	Target 3
Striking (karate, taekwondo, Muay Thai, kickboxing)	Hands return to guard after every strike	Rear foot turns fully on the back-hand strike	Step out or angle off after every combination
Grappling (judo, BJJ, catch wrestling)	Elbows stay inside the frame on every hip escape	Feet stay active, never flat and still, in guard movement	Technical stand-up finishes in base, head protected
Forms-based work	One section with no pause and no guessed move	Stance length matches the tape marks every rep	Chamber is set before every block or strike
Mixed / general	Feet move before hands on every entry	Breathing stays audible and steady for a full round	Every round ends in stance, balanced, ready

Session Roles

If today is...	Run this kind of session	Intensity
The day after class	Review session: what class taught, slow	Low to moderate
A rested off day	Main session: your current target, full template	Moderate

If today is...	Run this kind of session	Intensity
A tired or sore day	Light session: walk-throughs, mobility, notes only	Low
The day before class or a test	Polish session: best material, short, confident	Low to moderate
A travel day	Minimum session from Part 6, hotel version	Low to moderate

Part 2: Space and Equipment Tiers

You do not need a home gym. You need a clear rectangle, honest footing, and a plan that fits the tier you actually have today. A session run at Tier 0 counts in full. Tiers change options, not worth.

Tier	Space you need	Equipment	What it unlocks	What it does not allow
Tier 0 — None	About 6 x 6 feet of clear floor; a hallway for footwork	Body, floor, phone timer, notebook	Shadow work, footwork, forms in place, floor movement on carpet, conditioning	Falls or rolls on hard floor; weapon work without overhead clearance
Tier 1 — Minimal	About 8 x 8 feet; one wall; a mat or large rug	Tape, mirror or phone on a stand, jump rope, light resistance band, water bottle as a marker	Video checks, tape-mark stance work, mat floor flow, band rows and assisted drills	Bag work; heavy weights; partner techniques
Tier 2 — Full	Garage, spare room, or yard, about 10 x 10 feet or more	Mat area, heavy bag or pad held by a stand (never a person outside class rules), mirror, timer, light weights, foam roller	Bag rounds at controlled power, loaded conditioning, full forms run-throughs	Maximal lifts alone; sparring; any partner technique without a trained partner and supervision

The Two-Minute Space Check

Run it every time, even in a room you know.

Check	Standard	Done
Floor	Nothing to step on, trip over, or land on; footing tested slowly	☐
Reach circle	Arms extended, turn a full circle: nothing within striking or stepping reach you did not plan	☐

Check	Standard	Done
Overhead	Lights, fans, and shelves clear of raised arms and any tool	☐
Walls and furniture	One safe direction for kicks; no glass, sharp corners, or screens in the fall zone	☐
People and animals	Practice area closed to pets and small children for the session	☐
Exit	Water, phone, and notebook placed at the edge, not in the movement area	☐

Floor Rules by Surface

Surface	Use it for	Avoid
Mat (home or gym)	Floor flow, rolls as taught, bridges, conditioning	Dragging furniture across it; outdoor shoes
Carpet or large rug	Slow floor movement, forms, footwork, shadow work	Fast falls; high-friction pivots that twist a planted knee
Wood, tile, or laminate	Footwork in suitable footwear, standing drills, forms	Rolls, falls, bridges; sock-footed kicking
Grass or park ground	Shadow work, forms, footwork, conditioning	Uneven or wet ground for kicks; any work near other people

Part 3: The Warm-Ups

Five to eight minutes, in order, every session. No static holds longer than a breath in a warm-up. Start easy and finish moving like your art.

Warm-Up A: Standing Arts (Striking and Forms)

Minute	Movement	Dose
0 to 1	March, jog in place, or easy rope; nasal breathing	Continuous, easy
1 to 2	Arm circles, shoulder rolls, wrist circles	8 each direction
2 to 3	Hip circles and standing trunk rotations	8 each direction

Minute	Movement	Dose
3 to 4	Leg swings front to back, then side to side, hand on wall if needed	10 per leg, each plane
4 to 5	Step-and-slide in stance, all directions; easy pivots	Continuous, small steps
5 to 7	Shadow strikes at rising speed, no power; finish with 5 easy kicks per leg if your art kicks	Build to about half speed

Warm-Up B: Floor Arts (Grappling Movement)

Minute	Movement	Dose
0 to 1	Easy standing movement, shoulder and neck range, gentle	Continuous
1 to 2	Hip circles, deep squat rocks holding support as needed	8 circles; 10 rocks
2 to 3	Standing hip hinges, unloaded, slow	10 reps
3 to 5	Floor flow at warm-up speed: hip escapes, bridges, sit-throughs	4 to 5 each, alternating sides
5 to 7	Guard movement and technical stand-ups, slow to moderate	Continuous flow, breathing steady

Warm-Up C: The Minimum (3 Minutes, Any Art, Anywhere)

Minute	Movement	Dose
0 to 1	March or jog in place, arm swings	Continuous
1 to 2	Hip circles, leg swings, squat rocks	6 to 8 each
2 to 3	Your art's easiest movement at half speed: steps, shadow jab, or floor flow	Continuous

Part 4: The Drill Menus

Choose drills from the menu that matches your target. One menu per session is enough. Doses are written for a main block; halve them for a 15-minute session.

Menu A: Striking Shadow Drills

Drill	How it runs	Dose	Form standard
Jab and go	Step in, jab, step out at an angle	2 rounds x 2 min	Hand returns to cheek before the feet reset
One-two, exit	Jab, cross, pivot or angle out	2 rounds x 2 min	Rear heel turns; you finish in stance, not leaning
Defense first	Slip, block, or cover, then answer with two strikes	2 rounds x 2 min	Hands are home before the answer starts
Kick and rechamber	One kick your art owns, chamber, strike, rechamber, set down in stance	3 sets x 6 per leg	No recovery step; knee returns to chamber
Combination ladder	Add one strike per round: 1, then 1-2, then 1-2-kick	3 rounds x 2 min	The ladder stops where form breaks; note that round
Weak-side round	Your full simple combination, non-dominant side leading	2 rounds x 2 min	Same standards, slower speed is expected and fine

Menu B: Grappling Solo Movement Drills — Movement and Flow Only

Drill	How it runs	Dose	Form standard
Hip escape (shrimp)	Frame, bridge slightly, shrimp hips away, turn to face in, recover guard	3 sets x 6 per side	Elbows stay inside; you end on your side, facing in
Bridge and roll	Bridge, turn over one shoulder to base, return	3 sets x 5 per side	Over the shoulder, never over the head; chin tucked
Technical stand-up	From seated or supine: post, frame, rise to standing base	3 sets x 5 per side	Head protected by the framing arm; you finish balanced
Sit-through	From base, swing the leg through, turn, return to base	3 sets x 6 per side	Hips stay low; movement is smooth, not thrown
Guard circles	On your back, legs circle and recover guard shapes against an imagined pass	3 rounds x 1 min	Feet active; knees track; breathing steady
Two-move flow	Link any two drills above; repeat, then reverse direction	3 rounds x 2 min	No pause between moves by the final round

Menu C: Forms Drills

Drill	How it runs	Dose	Form standard
Map walk	Walk the whole form at walking speed, naming moves aloud if it helps	2 passes	No guessed direction; a guess marks a section for work
Section loop	One section of 4 to 8 moves, slow, reset between reps	6 to 10 reps	Stance, chamber, and hand position match every rep
Tape-mark section	Section loop on tape marks for stance length and width	5 reps	Feet land on the marks; adjust the marks, not your memory, if your instructor's standard differs
Slow-motion full run	Whole form at quarter speed, no stopping	1 run	Breathing continues; balance is never rushed
Full run, honest	Whole form at training speed, no stopping, note the breakdown point	1 to 2 runs	Stop after two; tired runs teach the tired version
Mirror section	Section loop facing a mirror for checks, then turned away	4 reps each way	One check only per set: stance, chamber, or hands

Menu D: Defense and Head Movement Drills (No Partner)

Drill	How it runs	Dose	Form standard
Slip and return	Slip left, return to guard; slip right, return	2 rounds x 1 min	Movement is small; hands never drop to make room
Roll under the line	Imagine a straight strike at head height; roll under, return to stance	2 rounds x 1 min	Knees bend; back stays tall enough to see
Block, answer, exit	Forearm block shape as taught, one answer strike, angle out	2 rounds x 2 min	The answer comes after the block finishes, not during
Rope line drill (Tier 1+)	A band or rope at shoulder height: slip and roll under it, moving forward and back	3 lengths or 3 x 1 min	Head clears the line without hands dropping

Part 5: Footwork Ladders

Run ladders at the start of the main block, when you are fresh. Small steps, stance kept, breathing steady. Rest 30 to 60 seconds between ladders. A ladder is done when you can run it for its full dose with no crossed feet and no loss of stance.

Ladder	Pattern	Dose	Progression
1. In and out	Step in, strike position, step out on the same line	2 min	Add a jab on the entry
2. In, strike, angle out	Step in, jab-cross shapes, exit at 45 degrees	2 min	Alternate exit sides each rep
3. Side to side	Step left, strike; reset; step right, strike	2 min	Shrink the reset pause to nothing
4. Pivot box	Step forward, pivot right; step, pivot left; work a square	4 lengths	Call the direction before you move
5. Advance and retreat	Two steps in with strikes, two steps out with guard high	2 min	Add a kick shape on the final entry (strikers)
6. Switch step	Small hop-switch of lead foot, settle, strike	2 x 1 min	Only if taught in your art; settle fully before striking
7. Grappler's level step	Step in with a level change as taught, hands framing, step out to base	2 min	No dive, no head drop: this is entry footwork, not a takedown
8. Form line	Walk one form's footwork pattern with no hand techniques	2 passes	Add the hands back for the second pass

Ladder rules. Feet first, hands second. If your feet cross or your stance collapses, the ladder restarts slower. Tape an L-shape on the floor (Tier 1) and make every pivot happen inside it until the turn is clean.

Part 6: Timed Session Templates

Print the template you run. Every template assumes the Part 3 warm-up at its stated length, one written target, and two lines of notes at the end. Rounds use a phone timer. If a template runs long, cut a round — never cut the warm-up or the notes.

Striking Templates

15 minutes — Striking minimum.

Minute	Work
0 to 3	Warm-Up C
3 to 9	Menu A: jab and go, then one-two / exit, 2 rounds x 2 min with 1 min rest between
9 to 13	Kick and rechamber, 2 sets x 6 per leg, slow
13 to 15	Breathe, cool down, write your two lines

30 minutes — Striking main session.

Minute	Work
0 to 5	Warm-Up A
5 to 7	Ladder 1 or 2 from Part 5
7 to 19	Menu A main: defense first and combination ladder, 4 rounds x 2 min, 1 min rests
19 to 25	Weak-side round and kick and rechamber, alternating
25 to 28	Finisher F1 or F2 from Part 7
28 to 30	Cool down and notes

45 minutes — Striking full session.

Minute	Work
0 to 7	Warm-Up A, full
7 to 11	Ladders 2 and 4 from Part 5
11 to 27	Menu A main: 5 rounds x 2 min on your target drill, 1 min rests; film round 4
27 to 35	Second block: combination ladder up and back down; weak-side round
35 to 41	Finisher from Part 7, your scaling
41 to 45	Light stretching, cool down, notes, and one video check

Grappling Movement Templates — Movement and Flow Only

15 minutes — Grappling minimum.

Minute	Work
0 to 3	Warm-Up C, floor version: finish on the mat with easy hip escapes
3 to 9	Hip escapes and technical stand-ups, 3 sets each, alternating sides
9 to 13	Two-move flow, 2 rounds x 2 min
13 to 15	Breathe, cool down, notes

30 minutes — Grappling main session.

Minute	Work
0 to 6	Warm-Up B
6 to 18	Menu B circuit: hip escape, bridge and roll, sit-through, guard circles — 1 min each, 3 rounds, short rests
18 to 25	Two-move flow building to three moves; reverse direction each round
25 to 28	Finisher F3 or F4 from Part 7
28 to 30	Cool down and notes

45 minutes — Grappling full session.

Minute	Work
0 to 7	Warm-Up B, full
7 to 19	Menu B main: each drill for its full dose, target drill first
19 to 31	Flow rounds: 4 rounds x 2 min linking three moves, 1 min rests; film round 3
31 to 37	Slow problem round: your weakest movement at half speed, set by set
37 to 42	Finisher from Part 7, your scaling
42 to 45	Light stretching, cool down, notes

Forms-Based Templates

15 minutes — Forms minimum.

Minute	Work
0 to 3	Warm-Up C
3 to 5	Map walk, 1 to 2 passes
5 to 12	Section loop on today's section, slow
12 to 14	One honest full run
14 to 15	Note the breakdown point; that is the next session's section

30 minutes — Forms main session.

Minute	Work
0 to 5	Warm-Up A or B, by art
5 to 8	Map walk and Ladder 8
8 to 20	Section work: two sections, loop and tape-mark versions
20 to 26	Slow-motion full run, then one honest full run
26 to 28	Finisher F5 from Part 7 (light) or mobility of your choice
28 to 30	Cool down and notes

45 minutes — Forms full session.

Minute	Work
0 to 7	Warm-Up A or B, full
7 to 12	Map walk, Ladder 8, and stance holds on tape marks
12 to 28	Section work: three sections in rotation; film the hardest section
28 to 36	Full runs: slow-motion, then honest, then — only if both were clean — one at full training speed
36 to 41	Finisher from Part 7 or a second form's map walk if you are preparing several

Minute	Work
41 to 45	Light stretching, video check, notes

Mixed Templates

15 minutes — Mixed minimum (hotel and travel version).

Minute	Work
0 to 3	Warm-Up C
3 to 7	Ladder 1 and jab and go, standing, small space
7 to 11	Floor flow if the floor allows, or a form section if it does not
11 to 14	Finisher F1, low scaling
14 to 15	Notes: one line is enough on travel days

30 minutes — Mixed main session.

Minute	Work
0 to 5	Warm-Up A or B, by your main art today
5 to 10	Footwork ladder of the day
10 to 20	Main block from your art's menu, on your one target
20 to 26	Second art or second skill: forms section, or floor flow, at easy pace
26 to 28	Finisher of your choice
28 to 30	Cool down and notes

45 minutes — Mixed full session.

Minute	Work
0 to 7	Full warm-up for your main art
7 to 13	Ladders 1 to 4, one minute each with rests

Minute	Work
13 to 27	Main block: your target drill in rounds; film one round
27 to 35	Forms run set or grappling flow set, by art
35 to 41	Finisher circuit from Part 7
41 to 45	Light stretching, video check, notes

Part 7: Conditioning Finishers, With Scaling

Finishers last 3 to 8 minutes, after the main work, never instead of it. Choose one. Work at a pace you can hold with good form, stop any set whose form breaks, and leave a few reps in reserve. No maximal efforts, no personal records, and no exhausted work near furniture or hard edges.

Finisher	The work	Time
F1: Base builder	Squats, push-ups, reverse lunges, dead bug — 30 sec each, rest 30 sec, repeat	2 to 3 rounds, 5 to 8 min
F2: Striker's legs	Split squats, calf raises, stance holds — 30 sec each side or hold, rest as needed	5 to 6 min
F3: Grappler's floor	Glute bridges, hip escape to stand-up, plank — 40 sec each, rest 20 sec	2 rounds, about 6 min
F4: Core and posture	Dead bug, side plank each side, band row (Tier 1+) or prone press-up hold — 30 sec each	2 rounds, 5 min
F5: Light closer	Easy squats, wall push-ups, standing balance each leg, slow breathing	3 to 4 min, low effort

Scaling Table

Scale the finisher, not your standards. Form rules do not scale down; loads and rounds do.

Level	Who it fits	Adjustments
Easier	Beginners, return from a layoff, tired days, older students	2 rounds; push-ups to a counter or wall; shorter holds (15 to 20 sec); longer rests; F5 on hard days

Level	Who it fits	Adjustments
Standard	Most students, most weeks	Doses as written; floor push-ups; rests as written
Harder	Experienced students with clean form and a rested day	Add one round; slow the lowering phase to 3 seconds; add a light band or light weight only where the drill allows; never add speed to sloppy reps

The next-day rule. If a finisher makes you too sore for class within the next two days, it was scaled too high, whatever level the table called it. Drop one level next time and note it. Conditioning that costs class time is conditioning working against you.

Part 8: Feedback Without a Partner — The Checklists

You are your own second pair of eyes at home. Use one tool per session, one check per set, and write what you find.

The Mirror Checklist

Use the mirror for a set, then turn away for a set. Checking constantly trains dependence; checking in turns builds feel.

Check	What right looks like	☐
Guard	Hands at cheek height after every strike, both sides	☐
Chin	Chin down, eyes forward, not lifted as you strike	☐
Stance	Length and width match your class standard at the end of combinations	☐
Shoulders	Shoulders down, not shrugged, between strikes	☐
Kicks (strikers)	Chamber is visible before extension; support foot turns	☐
Floor work (grapplers)	Elbows in, head position deliberate, hips — not arms — doing the moving	☐

The Video Checklist

Prop the phone to show your whole body, film one round or one form run, and watch it once before filming again.

Step	Action	Standard
1. Set up	Front view for hands and stance width; side view for leaning, stance length, and rechamber	Whole body in frame, feet visible
2. Film	One round, one section, or one full form run — no retakes mid-round	Film the honest version, not the best version
3. First watch	Watch for your target only	Mark: happened / partly / not yet
4. Second watch	Watch for one thing only: feet or hands, not both	Write one fix, in plain words
5. Re-film	Same drill, applying the one fix	Compare only the fix, nothing else
6. File it	Save or delete by a rule you set now: keep one clip per week	The log (Part 11) holds the finding, not the phone

The Constraint Menu

A constraint makes an error obvious or impossible for a set. Use one at a time, and remove it for the final round to check the fix holds without help.

Problem	Constraint	Dose
Hands drop after striking	Touch your cheek after every strike before the next one	1 round
Falling forward on kicks	Hold the rechamber for a full count before setting down	2 sets x 5 per leg
Stances shrink when tired	Tape marks for stance length; every rep must hit them	Section or ladder dose
Crossing feet in footwork	A tape line you must not cross with the wrong foot; small steps only	2 min
Holding your breath	Count reps aloud, or exhale audibly on every strike or movement	1 round
Rushing forms	A slow count or metronome for the section; one move per count	Section dose

Problem	Constraint	Dose
Elbows flare in floor work	Hold a folded towel between elbow and ribs; if it drops, reset	2 sets

Part 9: The Forms Practice System

Forms reward the steadiest system, so the system is printed in full here for the forms-based templates to draw on.

Stage	Job	When you move on
1. Map	Walk the form until direction and order need no guessing	Two clean map walks in a row
2. Sections	Loop sections of 4 to 8 moves, slow, checked	A section runs clean three times in a row
3. Links	Practice the joins between sections, where pauses hide	No pause at any join at slow speed
4. Whole, slow	Quarter-speed full runs with breathing	Balance and stance hold for the whole run
5. Whole, honest	Training-speed runs, maximum two per session	The breakdown point moves later or disappears
6. Performance	Full speed, full intent, as for a grading or demonstration	Use sparingly: one per session, after Stage 5 work

Multiple forms. If you are maintaining several forms, rotate them: one primary form gets section work each session, the others get one map walk or one honest run on a rotation. A simple rotation table lives in your log (Part 11). Never section-work two forms in one short session; depth beats coverage at home, because class provides the coverage.

Part 10: The Plans — Four Weeks and Twelve Weeks

The Four-Week Starter Plan

For a student new to solo practice, or returning after a break. Two solo sessions a week plus class. Add the third session in week 3 only if the first two weeks were completed as written.

Week	Session 1	Session 2	Session 3 (optional)	The week's standard
1	15-min template, your art	15-min template, your art	—	Every session had a written target and notes
2	30-min main template	15-min template	—	One video round filmed and checked
3	30-min main template	30-min main template	15-min mixed	One ladder completed at full dose, clean
4	30-min main template	45-min template, your art	15-min light session	Review the log: name your next target from evidence

The Twelve-Week Plan

Three phases. Each phase keeps the session count you can actually hold — the plan fails by missed weeks, not by modest weeks, so when life shrinks, shrink the template, not the habit.

Weeks	Phase	Sessions per week	Main work	Feedback	Standard that ends the phase
1 to 4	Build the habit	2 to 3, mostly 15 to 30 min	One target per session; menus at half to full dose	Mirror checks; first video round in week 2	Four weeks logged; no week with zero sessions
5 to 8	Build the skill	3, mostly 30 min	Target progresses: add footwork, second technique, or flow links	Video every week; one constraint in regular use	Your target happens at its written count in a filmed round
9 to 12	Make it yours	3, with one 45-min session weekly	Mixed templates; forms at Stage 5 to 6; weakest movement gets a weekly slow round	Video comparison: week 12 clip beside week 1 clip	A written summary for your instructor: what changed, what still needs a coach's eye

Missed-week rules. Miss one week: repeat the week. Miss two: drop back one phase for a week. Never make up volume with a double session. Illness and injury are not missed weeks to be repaid; return at the light-session level and build back over a week.

Choosing Your Weekly Rhythm

Your class schedule	Solo rhythm that fits
Class twice a week	Solo on the day after one class (review), plus one off day (main), plus optional weekend mixed
Class once a week	Two solo sessions: one review, one main; keep one full rest day
Class three or more times a week	One or two light-to-moderate solo sessions only; class is the main load
No class for a period (travel, break)	Three minimum or mixed sessions a week to hold skills; no new techniques; full plan resumes with class

Part 11: Practice Logs and Trackers

Two lines a session is the minimum. These pages hold the fuller record. A check mark means the work was done at the written dose, not merely attempted.

The Session Log (One Row per Session)

Date	Template run	Target (one line)	Target result (of 10 / clean / partly)	One fix for next time
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

The Weekly Tracker

Week	Sessions planned	Sessions done	Video done?	Finisher level	One observation
1	_____	☐ ☐ ☐	☐	_____	_____
2	_____	☐ ☐ ☐	☐	_____	_____
3	_____	☐ ☐ ☐	☐	_____	_____
4	_____	☐ ☐ ☐	☐	_____	_____
5	_____	☐ ☐ ☐	☐	_____	_____
6	_____	☐ ☐ ☐	☐	_____	_____
7	_____	☐ ☐ ☐	☐	_____	_____
8	_____	☐ ☐ ☐	☐	_____	_____
9	_____	☐ ☐ ☐	☐	_____	_____
10	_____	☐ ☐ ☐	☐	_____	_____
11	_____	☐ ☐ ☐	☐	_____	_____
12	_____	☐ ☐ ☐	☐	_____	_____

The Forms Rotation Tracker

Form	Stage (Part 9)	Last section worked	Last honest run: breakdown point	Next session's job
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Reading the logs. Four honest weeks tell you more than any single session feels like it does. Look for patterns: the target that never improves needs a coach, not more reps; the session type you always skip needs a smaller template, not more willpower; the finisher level that always costs you class needs to drop.

Part 12: Common Failure Fixes

Solo practice fails in predictable ways. Work the rows in order; most stalls are scheduling or target problems before they are talent problems.

Failure	The usual cause	The fix in this guide
Sessions keep getting skipped	Template too long for the day; no fixed slot	Drop to the 15-minute minimum for two weeks; same time, same days; rebuild from Part 10
Every session feels the same	No written target; favorite drills on repeat	Target Builder (Part 1) before the warm-up, every time; rotate menus weekly
Practice feels good, class shows no change	No feedback tool in use; speed hid the errors	One video round a week (Part 8); slow the main block for two weeks
Sore or drained for class	Finishers scaled too high; no rest day	Next-day rule (Part 7); drop a finisher level; protect one full rest day
Kicks or strikes get wilder at home	Full power into air; no stance standard	Seventy-percent rule; finish-in-stance standard; rechamber holds from the Constraint Menu
Floor work feels pointless without a partner	Expecting techniques instead of movement	Re-read Menu B: judge flow quality — no pauses, both directions, breathing steady — across four weeks in the log
Forms keep breaking at the same place	Full runs repeated instead of section work	Part 9: that breakdown point becomes a section until it runs clean three times
Space feels too small to bother	Practicing as if the room were a dojo	Tier 0 plan (Part 2): in-place forms, ladders, and floor flow are full sessions, not consolation sessions
Motivation fades after a month	No visible record; goals too large	Weekly Tracker review on the same day each week; shrink the target until the log shows it moving

Questions Students Ask

How many solo sessions a week is enough? Two or three, alongside class, for most students. One is maintenance, two is progress for most people, and three with a rest day kept is a strong week. Seven is a mistake for almost everyone: joints, motivation, and class performance all pay for it.

Can solo practice replace a missed class? It can hold your skills and keep your rhythm, and the mixed minimum template is built for exactly that week. It cannot replace the class itself — the partner work, the coaching, and the corrections are the class. Use solo work to arrive at the next class ready, not to pretend the missed one happened.

I have no equipment and a tiny room. Is this really for me? Yes, and it was written for you first. Tier 0 in Part 2 is a full program: shadow work in place, footwork ladders in a hallway, forms by section, floor flow on carpet, and bodyweight finishers. Equipment adds options. It has never added discipline.

Should I learn new techniques from videos between classes? No. Learn new techniques in class, where an instructor can set your base and your safety habits. At home, refine what you have been taught and write your questions down for class. That rule protects your joints and your progress at the same time.

My video looks worse than my practice feels. Which is right? The video, about the specific thing you filmed. Feel is a poor camera: it reports effort, not position. That gap is exactly why Part 8 limits you to one fix at a time — the video will always show more than you can change in a week, and changing one thing a week, every week, is fast.

How do I practice for a grading or test alone? Use the forms system in Part 9 for forms, the 45-minute template of your art for conditioning and polish, and your log to choose the target — your breakdown points are your test preparation list. In the final week, shorten sessions, run your best material, and rest. Solo practice builds the test over twelve weeks; it does not cram for it in seven days.

What do I do on a day when I have ten minutes and no energy? The light session: walk your form's map, do Warm-Up C slowly as movement rather than a warm-up, breathe, and write one line in the log. It counts. Programs are kept alive by their smallest honest version, not by their best day.

When should I stop a home drill and ask my instructor instead? When it hurts a joint, when a movement only works with force, when your video shows a problem you cannot name, or when four honest weeks in the log show no movement on a target. Those are coaching questions, and bringing them — with your log — is good practice, not failure.

Annex: The One-Page Session Card

Copy this card onto a single sheet and keep it where you train.

Step	Do this	Time guide
1	Write one target using the Target Builder	1 min, before the warm-up

Step	Do this	Time guide
2	Run the two-minute space check	2 min
3	Warm up (Part 3)	3 to 7 min
4	Footwork ladder	2 to 4 min
5	Main block from one menu, in rounds	The heart of the template
6	Second block: harder setting or second skill	5 to 9 min
7	One finisher, at your scaling	3 to 8 min
8	Cool down; write two lines in the log	2 to 3 min

The rule on the bottom of the card. A session that followed this card at the 15-minute length counts in full. Length was never the point. The target, the rounds, the check, and the notes are the point — and they fit in any room you have.