



30-Day Push-Up Challenge Parent Guide

Building Black Belt Character One Push-Up at a Time

Aurora Martial Arts Families,

I am so excited to welcome your family to our **July 30-Day Push-Up Challenge!** This challenge captures everything we believe about martial arts training — that growth happens not in a single dramatic moment, but through **small, consistent actions repeated with intention every single day.**

This challenge is not about achieving a perfect score or outperforming anyone else. It is about showing up for yourself and for your family — building character one push-up at a time. Each day your child completes their reps, they are practicing the very same core values we develop on the mat:

HONOR • INTEGRITY • COMPASSION • SELF-CONTROL • DEDICATION • COURAGE • INDOMITABLE SPIRIT

When your child does their push-ups even on a tough day — that is *dedication*. When they cheer for a sibling — that is *respect*. When they get back up after missing a day — that is *indomitable spirit*. You will be amazed at what 30 days can do.

Thank you for being the most important part of your child's training journey. I cannot wait to celebrate with all of you at the end of the month!

With gratitude and respect,

Mr. D

Head Instructor, Aurora Martial Arts

★ What Is the Challenge?

The 30-Day Push-Up Challenge runs July 1–30, 2026: The challenge will include Monday through Friday training sessions, with Saturday & Sunday being recovery days. Each week will include progressively more challenging exercises. Just like advancing through belt ranks, students level up their effort week by week. Daily training is tracked in each student's Student Workbook.

◆ Tracking Tip: Students record their daily reps in their Student Workbook. Every completed entry is a small victory worth celebrating! Completed pages can also be photographed and shared with the dojo.

★ How Parents Can Help

Your encouragement is the most powerful training tool your child has. Here are some ways you can support their journey this month:

- Encourage consistency over perfection. Missing a day is not failure — getting back up and continuing is what matters most. That is the black belt mindset.
- Celebrate small wins! Cheer for every week completion, every personal best, and every day they showed up even when it was hard.
- Do push-ups together as a family. Make it a fun daily ritual — first thing in the morning, after school or before dinner.
- Post their completed tracker on the fridge. Visible progress is powerful motivation for young students.
- Share progress photos or videos with the dojo (with your permission). We love seeing our students train at home!

◆ Reminder: "Black belts don't quit. They adapt and keep going."

★ Guidelines

▶ Proper Push-Up Form Checklist

- Body forms a straight line (head to heels)
- Core is tight throughout the movement
- Elbows track at approx. 45° from the body
- Full range of motion (chest near the floor)
- Head is neutral — eyes look slightly forward
- Controlled speed — no rushing or collapsing

▶ Modified Push-Up Options (All Ages & Fitness Levels)

This program is appropriate for all ages and fitness levels when modifications are used. Encourage students to choose the version that lets them maintain good form. The exercises and activities can be modified if participants are not able to do the planned exercise because of injury, difficulty, or safety.

- Knee Push-Ups — Knees on the floor, same upper-body alignment applies
- Wall Push-Ups — Standing, hands against a wall; great for very young students
- Incline Push-Ups — Hands elevated on a chair or countertop; reduces load gradually

◆ Important Safety Notes

- Listen to your body. If something hurts (not just burns) — stop, rest, and switch to a modified version.
- Stay hydrated and rest 30–60 seconds between sets as needed.
- Check with your doctor before participating if you or your child has an existing injury or concern.
- Muscle soreness in the first few days is normal and a sign of growth — sharp or joint pain is not normal.

★ Rewards & Motivation

We have exciting milestones planned throughout the month to keep energy high and celebrate every step of the journey:

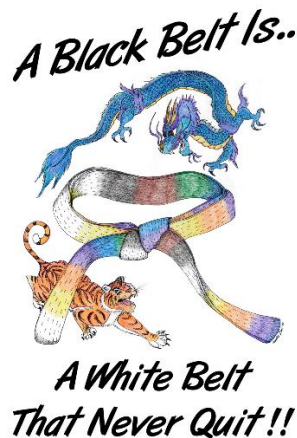
- Weekly Milestone Rewards — Announced in class at the start of each week.
- Challenge Champion Recognition — Students who complete all 30 days earn a special "Challenge Champion" honor at Aurora Martial Arts, recognized in class and in our community.
- Social Media Spotlight — With parent permission, student progress and highlights will be shared on our official social channels. Tag us or send us your videos!
- End-of-Month Celebration — Join us at the dojo for a special end-of-July celebration to honor all participants and Challenge Champions!

The goal of this challenge is to motivate and encourage everyone to train consistently and improve their strength and fitness! This event should be fun with a very positive outcome.

Let's crush this challenge and remember:

Train With Intensity. Rise With Honor.

"The black belt is just a white belt who never quit."



Aurora Martial Arts Student Creed

I will work to improve my Mind, my Body and my Attitude through Positive Actions.

I will develop Self-Discipline to help me reach my Potential.

I will use my skills with Respect and Responsibility to help Myself and Others.

I will train with Intensity and Focus.

AURORA MARTIAL ARTS PRESENTS PUSH-UP CHALLENGE – JULY 2026

THE GOAL: 10 Practically Perfect Push-Ups

SCHEDULE: Train Monday to Friday. Rest Saturday and Sunday.



WEEK 1

FOUNDATIONS & FORM

Focus: Alignment, core activation, wrist comfort, slow reps

Monday

- Push-Up Position Holds 3x20 sec
- Incline Push-Ups 2x5
- Plank 2x20 seconds

Tuesday

- Kneeling Push-Ups 3x5
- Shoulder Taps 2x10
- Cobra Stretch 1x20 seconds

Wednesday

- Negative Push-Ups (slow) 3x4
- Dead Bug Core 2x10
- Kneeling Push-Ups 2x5

Thursday

- Kneeling Push-Ups 3x5
- Plank 2x25 seconds
- Chest Stretch 1x20 seconds

Friday

- Form Check (1 standard push-up)
- Negative Push-Ups (slow) 3x5
- Active Plank 1x20 seconds

Warm Up

- Jumping Jacks
- Wrist Mobility



WEEK 2

STRENGTH & STABILITY

Focus: Controlled Reps, Consistent Form, Shoulder Stability

Monday

- Kneeling Push-Ups 2x5
- Standard Push-Ups 2x3
- Shoulder Tap 2x10
- Plank 1x30 seconds

Tuesday

- Negative Push-Ups (slow) 3x5
- Kneeling Push-Ups 2x10
- Cobra Stretch 20 seconds

Wednesday

- Standard Push-Ups 4x3
- Dead Bug Core 2x10
- Active Plank 1x20 seconds

Thursday

- Incline Push-Ups 3x7
- Plank 1x30 seconds
- Hollow Hold 1x20 seconds

Friday

- Progress Check #1 - 5 Push-Ups
- Form Check
- Active Plank 1x20 seconds

Warm Up

- Jumping Jacks
- Wrist Mobility
- Shoulder Shrugs



WEEK 3

POWER & ENDURANCE

Focus: More Reps, More Control, Martial Arts Breathing

Monday

- Superman Push-Ups 2x3
- Hollow Hold 1x25 seconds
- Standard Push-Ups 3x4
- Shoulder Tap 2x15

Tuesday

- Negative Push-Ups (slow) 3x6
- Kneeling Push-Ups 2x12
- Cobra Stretch 25 seconds

Wednesday

- Standard Push-Ups 5x4
- Dead Bug Core 2x15
- Active Plank 1x25 seconds

Thursday

- Incline Push-Ups 3x8
- Plank 1x35 seconds
- Hollow Hold 1x20 seconds

Friday

- Progress Check #1 - 8 Push-Ups
- Form Check
- Active Plank 1x20 seconds

Warm Up

- Jumping Jacks
- Wrist Mobility
- Shoulder Shrugs



WEEK 4

PURSUE EXCELLENCE

Focus: Martial Arts Discipline, Clean Reps, Final Push

Monday

- Standard Push-Ups 4x5
- Hollow Hold 1x25 seconds
- Superman Push-Ups 4x4
- Shoulder Tap 2x15

Tuesday

- Negative Push-Ups (slow) 3x8
- Kneeling Push-Ups 2x15
- Cobra Stretch 25 seconds

Wednesday

- Standard Push-Ups 5x5
- Dead Bug Core 2x20
- Active Plank 1x25 seconds

Thursday

- Incline Push-Ups 2x8
- Plank 1x35 seconds
- Hollow Hold 1x20 seconds

Friday

- Progress Check #1 - 8 Push-Ups
- Form Check
- Active Plank 1x20 seconds

Warm Up

- Jumping Jacks
- Wrist Mobility
- Shoulder Shrugs



FORM CHECK — Have a training partner or parent check your form.
INSTRUCTOR CHECK — Demonstrate your Practically Perfect Push-Ups next class.



AURORA MARTIAL ARTS
WWW.AMANWTA.COM