

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 1 FOR **BLACK BELTS**

Warm-up: Do each 3 times – 10 Jumping Jacks, 10 Hindu Pushups, 10 Hindu Squats, 10 V-Ups

From Left Cat Stance. Do each combo 5 times each side.

- 1) #2 Helping Hand, Left Front Ball and step forward to Left Half Moon Stance, then simultaneous #4 Palm Block with Right Thrust Punch to body
- 2) Step forward to Half Moon Stance with Double Downward Cross Block, Left Han Tsuki to temple, Left Reverse Hammer to groin, Right Front Two Knuckle to body

2 Times each: All Grab Techniques, and add 2 extra strikes of your choice to the end of each technique:

Single Wrist Grab Jacket Grab Front Choke Rear Choke Bear Hug Pro Wrist Grab

Single Jacket Grab Upright Head Lock Big Brother Head Lock Hammer Lock

Advanced Single Wrist Grab Z-Grip Wrist Grab

1 Time each: All pre-Black Belt required forms (Kata 1, Stature of the Crane, Kata 4)

Start in low Twist Stance. Deliver a Side Kick, then return to the stance. 10 reps each leg. Chambers!

1 Time each: 3 Black Belt forms of your choice

Pick a chunk of 10 consecutive Combinations. Do the lowest-numbered Combination. From your ending position, imagine your next opponent is directly behind you. Hop and turn to face the opponent and do your next Combination, but now LEFT-HANDED. Continue through all 10 Combinations in this way, alternating between right- and left-handed.

BONUS: Pick one of these Power Postures: Low Pushup Position, Low Squat, Wall Squat, or Wall Handstand. Name at least 3 attributes of each of the 5 Shaolin Animals while holding the position. If you can name 5 or more attributes of each, you're a beast!

Stretch, then meditate for at least 30 seconds.



“
It's what you practice in private
that you will be rewarded for in public.
-Tony Robbins