

# SHAOLIN-SHARPENING



## HOME PRACTICE ROUTINE 2 FOR **BLACK BELTS**

Warm-up: 20 Burpees

5 Times each side from Horse Stance: Simultaneous #2 Backhand Block and #7 Parry, then simultaneous #4 Block and Right Thrust Punch to body. *(Do the entire combo if you know the rest.)*

5 Times each: Shuffle Side Kick, Spinning Hook Kick

3 Times each: Kempo A, B, and C. Face a new direction each rep.

1 Time: Two Man Fist Set: East

3 Times each: Kempo D, E, and F. Face a new direction each rep.

2 Times each side: From Right Flamingo Stance and without stepping down, do a different kick to each of these angles: 12:00, 1:30, 3:00, 4:30, and 6:00. Pivot as necessary.

1 Time: Two Man Fist Set: West

3 Times each: Kempo G and H. Face a new direction each rep.

1 Time each: Two Man Fist Set: East & West

3 Times each: Kempo I & J. Face a new direction each rep.

BONUS: Pick any form and do it Left-Handed. *(We recommend trying it Right-Handed first.)*

Stretch, then meditate for at least 30 seconds.



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The only time 'rank' comes before 'repetition'  
is in the dictionary.

-Grandmaster Jim Brassard