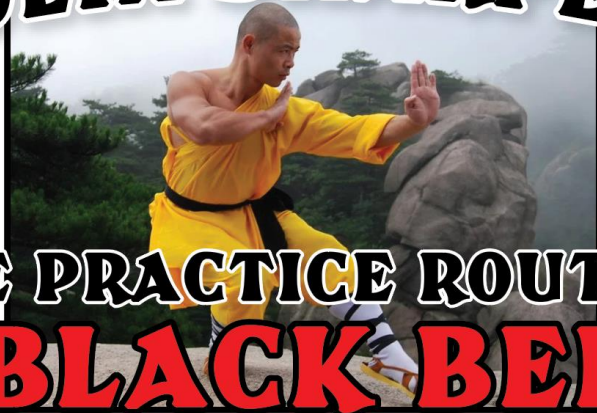


# SHAOLIN-SHARPENING

## HOME PRACTICE ROUTINE 3 FOR **BLACK BELTS**



Warm-up: 10 Nalas (Leg Lift, In-N-Out, then Twisting In-N-Out to each side)

*From Left Fighting Stance. Do each combo 5 times, each side.*

- 1) Left Hook Punch, Left Cross Shuto, Right Immortal Man
- 2) Left Outward Tiger's Rake, Right Roundhouse Elbow, wrap behind neck with right hand and pull opponent into Right Rising Knee, step back with Left Downward Shuto to back of neck

2 Times each: All Knife Defense Techniques:

Static Threat: Stomach, Overhand Throat, Underhand Throat, Flank, Hostage

Moving Threat: Stabbing, Psycho, Stabbing: Sleeve, Stabbing: Wall

Circle of the Tiger 1 time to each of the 4 major angles: 12:00, 3:00, 6:00, 9:00

3 Times each: Start on your back with hands on guard. Right Front Thrust Kick to groin, then roll onto your right side and do Left Side Kick to knee. Continue rolling the same direction until you're kneeling on your left knee. Right Back Kick to body. Stand up, on guard, then slap out and repeat.

2 Times each side: Intellectual Departure, Deflecting Hammer, Seizing the House

1 Time standing as usual, 1 Time laying on your back: Plum Tree Blocking System

Pick a chunk of 10 consecutive Combinations. Do them 2 Times each, Left-Handed only.

BONUS: Do as many Shuffle Side Kicks as you can in 2 minutes. Write down your score and try to beat it next time you do this routine! MY SCORE TODAY: \_\_\_\_\_

Stretch, then meditate for at least 30 seconds.



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If you want something you've never had,  
you must be willing to do something you've never done.

-Thomas Jefferson