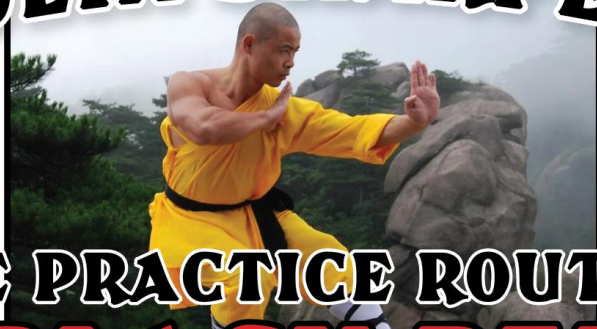


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 4 FOR **BLACK BELTS**

Warm-up: Countdowns – start at 7 of each exercise, then 6, then 5, 4, 3, 2, 1: Decline Pushups, Twisting In-N-Outs (each side), Jump Lunges (each side)

1 Time: Do a Forward or Backward Shoulder Roll, then stand up and do White Belt Kempo. Do a different Shoulder Roll, stand up and now do Yellow Belt Kempo. Continue through Brown Belt Kempo.

4 Times: Select a form from this list - Han Tsuki, Lost Leopard, or Sho Tun Kwok. Face a new direction for each rep. Bonus points if you can do the form at one of the minor angles (1:30, 4:30, 7:30, or 10:30).

5 Times each side: Shuffle Double Roundhouse Kicks (low then high)

BONUS: Pick a form. Picture being a dragon. Do the form once, focusing on flowing each sentence together smoothly.

Now picture being a tiger. Do the same form, putting full power into EVERY strike and block, taking as much time as necessary. Use your whole body. Imagine breaking a board with every strike.

Stretch, then meditate for at least 30 seconds.



“

Ask, and you will receive. Search, and you will find.
Knock, and the door will be opened for you.

-Jesus Christ