

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 5 FOR **BLACK BELTS**

Warm-up: Shadow box or hit the heavy bag for 1 minute, aiming to combine all your strikes and kicks into one long fluid combo, then rest for 30 seconds. Do this 3 times.

1 Time: Han Tsuki (or a form of your choice)

1 Time each side (right and left): Side Club Techniques #1-5. After each rep, do 1 Divebomber Pushup.

1 Time each side: Stand in Flamingo Stance and do 10-Point Blocking System

Pick a chunk of 5 consecutive Combinations. Do each technique 2 times. Face a new direction each rep.

1 Time each side (right and left): Overhead Club Techniques #1-5. After each rep, do 1 Divebomber Pushup.

1 Time: Han Tsuki (or a form of your choice). Before you begin, choose a stance from these options: Horse, Half Moon, or Cat. Each time you encounter the chosen stance in the form, hold the stance and do 10 Front Two Knuckle Punches before continuing the form.

1 Time: Stature of the Crane

2 Times each side: Bully Techniques (Push Defense and Tackle Defense)

BONUS: Stand in Front Position. Pick a form. Do the form without moving your legs (kicks are allowed). Imagine turning to each new direction, but don't physically turn around. Do each arm motion to the appropriate direction relative to your hips.

Stretch, then meditate for at least 30 seconds.



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Don't practice until you get it right.
Practice until you can't get it wrong.
-Ziad K. Abdelnour