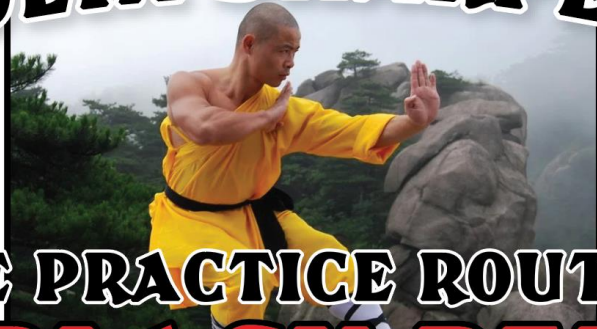


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 6 FOR **BLACK BELTS**

Warm-up: Create a 3-hit combo, starting with any kick, then any two arm strikes. Do 15 Hindu Pushups, then 15 Squats, then do your combo 5 times on the right side. Repeat the pushups and squats, then do your combo 5 times on the left side.

1 Time each side: Kicks of the 4 Tides, only sets #1 & 2

Pick one Combination. Do it 5 times on the right side, then 5 times left. Pick one part of the technique you need to work on, and focus on improving that section each rep.

1 Time each side: Kicks of the 4 Tides, only sets #3 & 4

Find a box-like object that can support your weight. Do 25 Box Jumps. Otherwise, 25 Frog Hops.

Pick one Kempo technique. Do it 5 times on the right side, then 5 times left. Pick one part of the technique you need to work on, and focus on improving that section each rep.

5 Times each side: Do your combo from the beginning of this workout while traveling forward.

1 Time each side: Kicks of the 4 Tides (all 4 sets). Focus on proper pivots for every kick.

1 Time each side: Kicks of the 4 Tides (all 4 sets). Now focus on chambers and re-chambers.

BONUS: See how many pushups you can do in a row. You may take one “break” where you rest in the Downward Dog position (stick your bottom in the air, straighten your arms and legs) for 5-10 seconds. Try to beat your score each time you do this routine! MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



“

When you get a black belt, it's not the number of techniques you know, but how well you know them.

-Caio Terra