

# SHAOLIN-SHARPENING

## HOME PRACTICE ROUTINE 1 FOR BLUE BELTS



Warm-up: Countdowns – start at 7 of each exercise, then 6 of each, then 5, 4, 3, 2, 1: Jumping Jacks, Pushups, In-n-Outs, Frog Hops

Right Foot Out and Elbows

*Strikes in Horse Stance:*

10 Blood Palms	10 Crane's Beaks	10 Bear Paws	10 Eagle's Talons
10 Mountain Punches	10 U-Punches	10 Two Finger Pokes	

5 Times each side from Side Horse Stance: Shuffle Roundhouse Kicks

5 Times each side from Side Horse Stance: Shuffle Hook Kicks

5 Times each side from Fighting Stance: Scissor Kicks

1 Time each: Do each of your Combinations with 2 Jump Lunges after each technique

Do all Club Techniques to each of the 4 major angles (12:00, 3:00, 6:00, 9:00)

5 Times: #1 and #2 Helping Hand Blocks while standing in Flamingo Stance (do both sides)

2 Times each: All Kempos, Grab Techniques, and Deflecting Hammer (face a new direction each rep)

2:00 of Lunge Pumps. Switch legs half way through (1:00). MY TOTAL SCORE TODAY: \_\_\_\_\_

BONUS: Create a 3-hit combo using any of the hand strikes above. Do your combo 5 times each side, with a V-Step before each combo, naturally alternating your stance. Create a new combo each time you go through this routine.

Stretch, then meditate for at least 30 seconds.



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Repetition  
is the mother of skill.  
-Tony Robbins