

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 2 FOR BLUE BELTS



Warm-up: 3 Rounds – 5 Slow Pushups, 10 Squat Front Kicks, 10 Mountain Climbers

5 Combos from Cat Stance each: Lead Front Ball Kick, step forward into Fighting Stance, Jab, Cross

5 Combos from Fighting Stance each side: Stepping Stool Kick, Rear Side Blade Kick

5 Combos from Fighting Stance each side: Inward Crescent, Outward Crescent with same leg (step down)

3 Times each on strong side: Forward Shoulder Roll, Backward Shoulder Roll

1 Time each: Pinan 1, Kata 1, Kata 2 (face a new direction each rep)

2 Times each side: Kicks of the 4 Tides

1 Time each side: Hold Backward Leaning Stance and Forward Leaning Stance for 30 seconds each

1 Time each, slowly with perfect form: Stature of the Crane, Pinan 4

1 Time each, normal speed: Stature of the Crane, Pinan 4

BONUS: Choose a form. Do the form once as normal. Then keep your arms chambered by your sides and perform the form without moving your arms. (Only move your feet.) Make each stance solid! Pick a new form each time you do this routine.

Stretch, then meditate for at least 30 seconds.



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Be brave. Take risks.
Nothing can substitute experience.
-Paulo Coelho