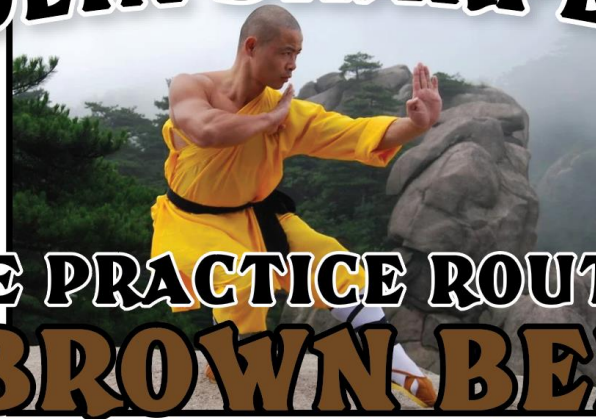


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 1 FOR BROWN BELTS

Warm-up: 15 Burpees with a higher jump each rep. 25 Bicycles (each side).

Do these combos 5 times each side from Fighting Stance:

- 1) Lead Palm, Rear Uppercut, Lead Roundhouse Elbow, Rear Shuto to neck
- 2) Front Ball Kick + Side Kick to the same target at 12:00 (in front of you) without stepping down. Pivot!

1 Time: Stature of the Crane

2 Times: All Side Club Techniques. Face a new random direction for each rep.

1 Time: Circle Kata (tie all Katas together without bowing in between)

3 Times each side (right and left): Deflecting Hammer, Intellectual Departure

2 Times each side: Push Defense, Tackle Defense. Visualization is key.

2 Times: All Overhead Club Techniques. Face a new random direction for each rep.

BONUS: Lay on your back, get up quickly and do your highest-number Combination. Lay down again, then get up and do your next-highest Combination, working your way down. Complete all your Combinations this way. Time yourself and see if you can beat your old time!

MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



“

*There is no glory in practice,
but without practice, there is no glory.*
-Unknown