

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 2 FOR BROWN BELTS

Warm-up: 30 Jumping Jacks, 30 Flutter Kicks (each), 30 Pushups, 30 Hip Dips (each)

From Side Horse Stance:

5 Times each: Shuffle Roundhouse Kick

5 Times each: Shuffle Hook Kick

5 Times each: Shuffle Double Roundhouse Kick (low then high)

2 Times each, both sides (right and left): White, Yellow, and Orange Belt Kempo

1 Time each side: Do all Knife Techniques with 2 Frog Hops between each rep

Do Combination #19 right-handed, then left, then right, then left (4 total reps) as fast as possible.

2 Times each, both sides (right and left): Purple and Blue Belt Kempo

2 Times: Lay on your back and do 10-Point Blocking System (full dynamic tension both times)

1 Time each: Two Man Fist Set North and South

2 Times each, both sides (right and left): Green and Brown Belt Kempo

BONUS: Do one of the Fitness Challenge exercises for 2:00 (Jump Rope, Pushups, Balance Kicks, Situps, or Lunge Pumps) MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



*Luck is a dividend of sweat.
The more you sweat, the luckier you get.*

-Ray Kroc