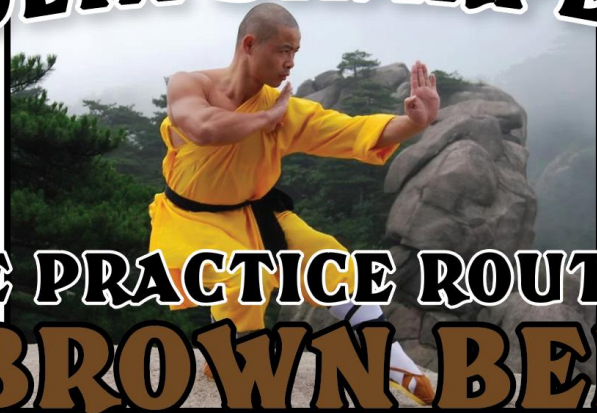


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 3 FOR BROWN BELTS

Warm-up: Shadow box or hit the heavy bag for 1 minute, aiming to combine all your strikes and kicks into one long fluid combo, then rest for 30 seconds. Do this 3 times.

3 Times each from Half Moon Stance: Double Upward Palms, Double Downward Shotos, Stepping Stool Knee

Do 3 Flying Side Kicks (each side) over an obstacle. Be careful and land gently.

1 Time each: All Grab Techniques from the back (rear choke, bear hug, etc.)

2 Times each: Do Combinations 1-10 *or* 11 and up, left handed

2 Times each side: Forward Shoulder Roll, Backward Shoulder Roll

1 Time each: Pinan 1, 4

1 Time each side: Kicks of the 4 Tides. Rechamber and pivot!

1 Time each: All Grab Techniques from the front

2 Walking Shoulder Rolls *or* 2 Dive Rolls. Watch your surroundings.

1 Time each side: Knife Defense Set

2 Times: Pinan 5

BONUS: Do only the first move of all Combinations and Kempos as fast as you can. Time yourself, and try to beat your previous time! MY SCORE TODAY: _____



“

Strive for progress,
not perfection.
-David Perlmutter