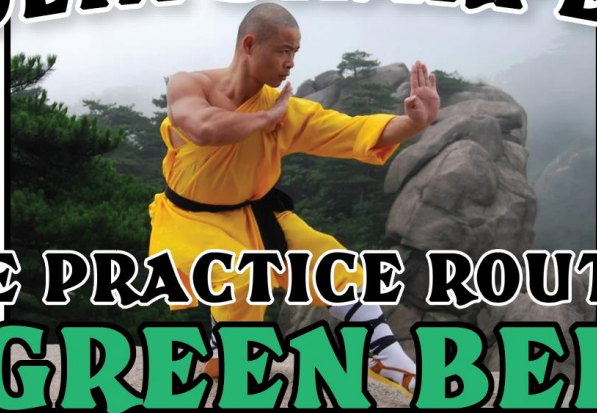


# SHAOLIN-SHARPENING



## HOME PRACTICE ROUTINE 1 FOR GREEN BELTS

Warm-up: Invisible Jump Rope – 50 Bunny Hops, 50 Skiers, 50 Scissors. 20 Hindu Pushups. 30 Squats.

Right Foot Out and Elbows

*Strikes in Horse Stance:*

10 Leopard's Paws

10 Immortal Men

10 Rising Suns

10 Inward Hammers

10 Trigger Fingers

10 Poison Thumbs

10 Tiger's Mouths

10 Uppercuts

10 Phoenix Fists

3 Times each side from Side Horse Stance: Spinning Hook Kicks

1 Time each side: Kicks of the 4 Tides. Rechambers and Pivots!

Do your lowest-numbered Combination. From your ending position, imagine your next opponent is directly behind you. Hop and turn to face him and do your next Combination. Continue through all Combinations in this way.

2 Times: Do all Kempos starting with your highest Kempo, working down to White Belt Kempo

1 Time: 10-Point Blocking System with Dynamic Tension

1 Time: 10-Point Blocking System with full speed and power (no Dynamic Tension)

BONUS: Shadow Box to the air for 1 minute. Anything goes – blocks, strikes, kicks, breaks, eye gouges. Move your feet constantly. Don't stop fighting!

Stretch, then meditate for at least 30 seconds.



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To become really good at anything, you have to practice and repeat,  
practice and repeat, until the technique becomes intuitive.

-Paulo Coelho