

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 2 FOR GREEN BELTS



Warm-up: 2 Times – 20 Mountain Climbers, 20 Pushups, 20 Jump Lunges, 2 Walking Shoulder Rolls

Kicks – each leg:

5 Inward Axe Kicks

5 Spinning Hook Kicks

5 Outward Axe Kicks

5 Double Roundhouse Kicks (low, high)

1 Time: All odd-numbered Pinans and Katas

3 Times: All Knife Techniques. Visualize the situation, practice with intent.

3 Times each side: Dragon Trap, then let go with the top hand and pull them into a rear Knee Strike

2 Times each: Deflecting Hammer, Intellectual Departure (face a new direction each rep)

1 Time: Half Moon forward and backward with the 10-Point Blocking System (one block per step)

1 Time: Do each of your Kempos with 3 Situps after each technique

2 Times: All Grab Techniques

2 Times each: Two Man Fist Set North & South (face a new direction each rep)

2 Times: Side and Overhead Club Techniques. Pounce in and block/strike like you mean it.

BONUS: Create a 3-Kick Combo using any kicks. You may start in any stance. You may stay in place or travel. Do your combo 5 times each side. Create a new combo each time you do this routine.



Don't stop when you're tired.
Stop when you're done.
-Marilyn Monroe