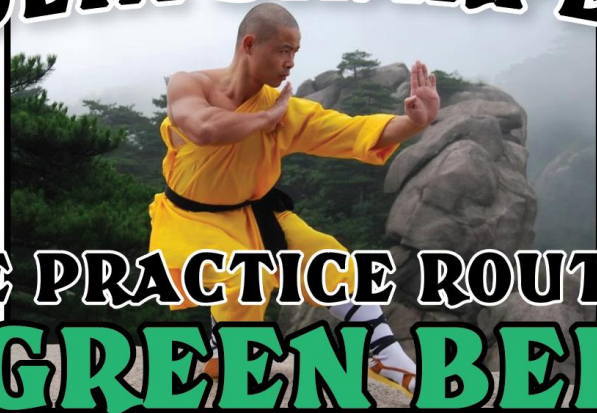


SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 3 FOR GREEN BELTS



Warm-up: Do 2 Burpees facing each of the 8 angles of the clock (major & minor: 12:00, 1:30, 3:00, etc.)

Combos in Horse Stance:

5 Combos each side: Front Ball Kick, Back Kick, Side Blade Kick without stepping down

5 Combos each side: #5 Knife Block + Left Spearhand (alternate sides)

1 Time: All even-numbered Pinans and Katas

2 Times each side: Shoulder Roll, Backward Shoulder Roll

5 Combos each side in Fighting Stance: Jab (lead punch), Cross (rear punch), Lead Hook Punch, Rear Uppercut. Twist those hips for power!

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

3 Combos each side: Roundhouse Kick, step forward, Spinning Hook Kick with opposite leg

2 Times: Stature of the Crane (face a new direction each rep)

1 Time: Start at your lowest Combination and Kempo. Do one Combination, then one Kempo, gradually working your way up each category. Repeat your Kempos until you've completed all Combinations.

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

BONUS: 2 Times – Do these techniques left-handed (against a left-handed attacker): Combination #6, 7, 3, 2, 5, 18, and White, Yellow, Orange Belt Kempos.

Stretch, then meditate for at least 30 seconds.



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Long-term consistency
trumps short-term intensity.

-Bruce Lee