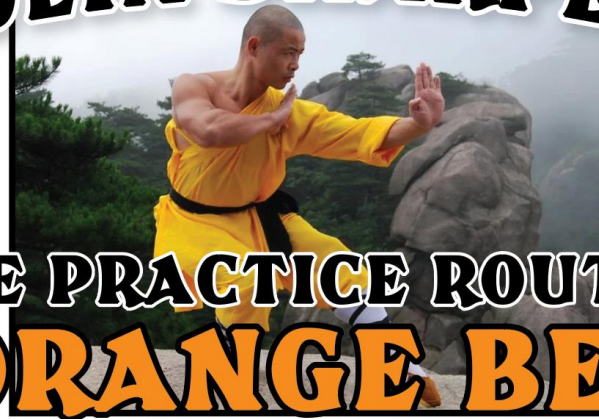


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 1 FOR ORANGE BELTS

Warm-up: 10 Squat Back Kicks, 10 Hindu Pushups, 10 Leg Lifts, 10 Frog Hops

Right Foot Out and Elbows

Strikes in Horse Stance:

10 Hook Punches

10 Rear Elbows

10 Outward Crescent Kicks

10 Side Elbows

10 Downward Elbows

10 Spearhands

10 Front Thrust Kicks

10 Chicken Wrists

10 Shuffle Side Blade Kicks

10 Cross Chicken Wrists

2 Times each: Combination #6, 7, 3

Slap Out on your right side 3 times (*watch your surroundings!*)

3 Times each: Combination #2, 5, 18

Slap Out on your left side 3 times (*watch your surroundings!*)

2 Times each side: Push Defense

Do all your Kempos once each facing 12:00, then again facing 3:00, 6:00, and 9:00

1 Time: Pinan 1

3 Times: Kata 1. Face a new direction each time. Challenge: Face a minor angle.

1:00 of Jump Rope (or pretend to use an invisible jump rope if you don't have one)

BONUS: Lay on your back, get up quickly and do your lowest-number Combination. Lay down again, then get up and do the next Combination. Complete all your Combinations and Kempos once each this way.

Time yourself and see if you can beat your old time! MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



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Persistence, persistence, persistence. The power can be created and maintained through daily practice, continuous effort.

-Bruce Lee