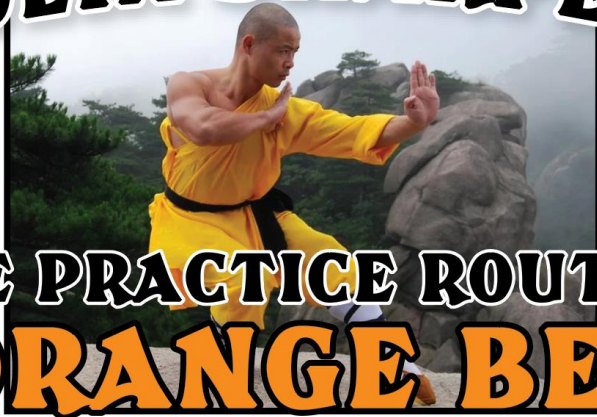


SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 2 FOR ORANGE BELTS



Warm-up: Face each of the 4 minor angles (1:30, 4:30, 7:30, 10:30) and do these exercises: 10 Jumping Jacks, 5 Pushups, 5 Situps

Right Foot Out and Elbows

Combos in Horse Stance:

2 Times: 8-Point Knife-Hand Blocks with Counterstrikes

10 Combos: Simultaneous #1 Knife-Hand Block with Left Hammer Strike (alternate sides)

10 Combos: Right Palm Heel, Left Back Two Knuckle, Right Cross Shuto (alternate sides)

2 Times: 8-Point Knife-Hand Blocks with an Outward Crescent Kick after each block

10 Times: Start in Side Horse Stance. Shuffle to the side with a Cross Shuto, then other side

1 Time: Pinan 1 slowly with near-perfect form

1 Time: Kata 1 slowly with near-perfect form

1 Time: Pinan 1 and Kata 1 back-to-back, normal speed, with full power

Start facing 1:30, do your lowest number Combination. Then turn to 4:30 and do your next Combination. Keep going around the clock at the minor angles until you've done all your Combinations and Kempos two times each.

BONUS: Start in a Right Cat Stance. Do as many Right Front Ball Kicks from that stance as you can in 30 seconds, returning to the Cat Stance briefly between each kick. Do both legs, of course. Write down your scores and try to beat them next time!

MY SCORES TODAY: Right leg _____ Left leg _____

Stretch, then meditate for at least 30 seconds.



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Difficult roads often lead
to beautiful destinations.

-Melchor Lim