

SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 1 FOR PURPLE BELTS

Warm-up: 25 Jumping Jacks, 25 Pushups, 25 Leg Lifts, 25 Squats

Right Foot Out and Elbows

Strikes in Horse Stance:

20 Tiger's Claws

20 Downward Shotos

20 Tiger's Rakes

20 Ridgehand Strikes (*to the groin or head*)

5 Times each leg from Fighting Stance: Roundhouse Kicks. Start low, kick slightly higher each kick.

4 Times each: Combination 4, 8, 9, 12. Face a new direction for each technique.

5 Times each leg from Side Horse Stance: Shuffle Roundhouse Kick, Cross Behind Side Kick

1 Time each: All previous Combinations (2, 3, 5, 6, 7, 18). Face a new direction for each technique.

2 Times each: Purple Belt Kempo, Side Club #1, Deflecting Hammer

5 Times each leg from Side Horse Stance: Spinning Back Kick

1 Time each: Pinan 1, Kata 1, Kata 2.

5 Times each leg from Side Horse Stance: Spinning Side Kick

1 Time: Pinan 1. Replace all the Front Two Knuckle Punches with a strike from the list above.

5 Times each leg from Fighting Stance: Double Roundhouse (low + high)

1 Time each: All previous Kempos (White, Yellow, Orange). Face a new direction for each technique.

Do Kicks of the 4 Tides, right and left sides, 2 Times each. Remember to pivot!

BONUS: Perform all your even-numbered Combinations, then all odd-numbered Combinations as quickly as you can. Write down your time and try to beat it next time! MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



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Hard work beats talent
when talent doesn't work hard.

-Tim Notke

