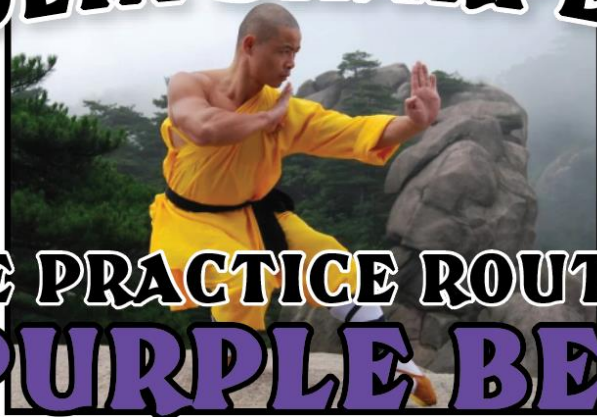


# SHAOLIN-SHARPENING



## HOME PRACTICE ROUTINE 2 FOR PURPLE BELTS

Warm-up: Face each of the 4 minor angles (1:30, 4:30, 7:30, 10:30) and do 5 Lunge Pumps each leg, 5 Hindu Pushups, 5 V-Ups

5 Combos each side from Neutral Stance: Front Kick + Back Kick + Side Kick without stepping down. Pivot for the Side Kick!

5 Combos each side: Roundhouse Kick, step forward, Spinning Side Kick with other leg

10 Combos each from Fighting Stance: Lead Wing Block, Lead Outward Tiger's Rake, Rear Tiger's Claw

20 Times: Half moon forward with Chain Punching. Turn around when out of space.

2 Times: Kata 2 slowly with near-perfect form, facing different directions each rep

1 Time: Circle Kata (Perform Kata 1 and 2, treating each salutation as the end of one Kata and the beginning of the next, so you don't bow in between Katas)

1 Time: Do all your Combinations, lowest number to highest, then again from highest number to lowest.

6 Times: Do a Chinese Catwalk (forward or backward), then do a Spinning Side Kick

1:00 of Situps. Use your couch (or similar) to hold down your feet. MY SCORE TODAY: \_\_\_\_\_

BONUS: Hold a low Twist Stance for 45 seconds on each leg. Feel the burn! Try to get lower each time you do this Routine.

Stretch, then meditate for at least 30 seconds.



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*The true science of martial arts means practicing them  
in such a way that they will be useful at any time.*

*-Miyamoto Musashi*