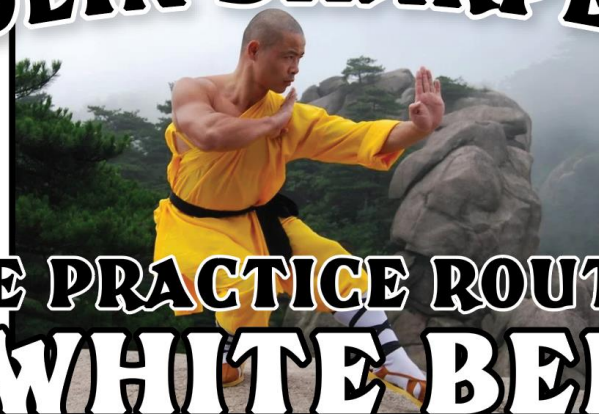


# SHAOLIN-SHARPENING



## HOME PRACTICE ROUTINE 1 FOR WHITE BELTS

Warm-up: 25 Jumping Jacks, 10 Pushups, 15 Squats

Right Foot Out and Elbows

*Do these strikes in Horse Stance:*

10 Front Two Knuckle Punches

10 Back Kicks

10 Thrust Punches

10 Palm Heel Strikes

10 Hammer Strikes

10 Front Instep Kicks

10 Front Ball Kicks

10 Rising Knees

10 Back Two Knuckle Punches

2 Times each direction: Combination #6 facing each major direction: 12:00, 3:00, 6:00, 9:00

2 Times: 8-Point Blocking System in Horse Stance

2 Times each direction: White Belt Kempo facing each major direction: 12:00, 3:00, 6:00, 9:00

1 Time each leg: 8-Point Blocking System in Flamingo Stance

Do 5 Burpees. After each Burpee, "Punch In" one time with your best Half Moons

2 Times: Half moon forward and backward with the 8-Point Blocking System

Do a Pushup, then recite one of the 5 Animals or one of the 5 Values (total of 10 pushups)

BONUS: Using only your right leg, do a 3-kick combo without stepping down: Front Kick + Back Kick + another Front Kick. You may step down after each 3-kick combo. Do your right leg for 30 seconds then immediately left leg for 30 seconds. Each combo counts as one rep (*front kick + back kick + front kick = 1*). Write down your score and try to beat it next time!

MY TOTAL SCORE TODAY (both legs combined): \_\_\_\_\_

Stretch, then meditate for at least 30 seconds.



“

*I fear not the man who has practiced 10,000 kicks once,  
but I fear the man who has practiced one kick 10,000 times.*

*-Bruce Lee*