

SHAOLIN-SHARPENING

HOME PRACTICE ROUTINE 2 FOR WHITE BELTS

Warm-up: 10 Leg Lifts, 10 Burpees

Right Foot Out and Elbows

Do these combos in Horse Stance:

10 Combos: Right Rising Knee, Left Back Two Knuckle Punch (alternate sides)

10 Combos: Right Hammer, Left Thrust Punch, Right Palm (alternate sides)

3 Times: 8-Point Blocking System with an opposite side Front Instep Kick after each block

3 Times: 8-Point Blocking System with an opposite side Front Two Knuckle Punch after each block

3 Times: Do White Belt Kempo, then face 6:00 and do Combination #6

20 Times: Half Moon forward and backward and do 3 Thrust Punches with each step (lead, rear, lead)

3 Times: Half Moon forward and backward with the 8-Point Blocking System, adding an opposite side Front Two Knuckle Punch after each block

BONUS – FISTS OF FURY: Do as many Front Two Knuckle Punches as you can in 1 minute. Write down your score and try to beat it next time!

MY SCORE TODAY: _____

Stretch, then meditate for at least 30 seconds.



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Life doesn't get easier,
you just get stronger.

-Steve Maraboli