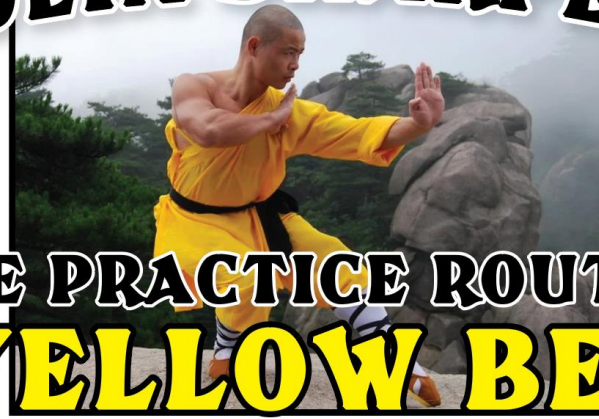


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 1 FOR **YELLOW BELTS**

Warm-up: 25 Jumping Jacks, 10 Hindu Pushups, 20 Squat Kicks

Right Foot Out and Elbows

Do these strikes in Horse Stance:

10 Shutos

10 Roundhouse Elbows

10 Cross Shutos

10 Rising Elbows

10 Cross Hammers

10 Backfists

10 Side Kicks from Neutral Stance. Focus on pivoting the standing foot and chambering horizontally.

3 Times each: Do Combination #6, 7, 3

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

3 Times each: Do White Belt Kempo and Yellow Belt Kempo facing a new direction each rep

2 Times each side: Push Defense

2 Times: Half Moon forward and backward with the 8-Point Knife-Hand Blocks

Do Pinan 1 once facing all 4 of the major angles (12:00, 3:00, 6:00, 9:00)

5 Times: Do 2 Pushups, then recite one of the animals and one characteristic about the animal. Do this for each animal (10 total Pushups)

BONUS: Create a 3-hit combo using any of the strikes listed above. Do that combo 10 times (alternating sides). Create a new combo each time you go through this routine. Share your favorite creations with your Sensei – we'd love to see what you've come up with!

Stretch, then meditate for at least 30 seconds.



“

*Practice does not make perfect.
Only perfect practice makes perfect.*
-Vince Lombardi