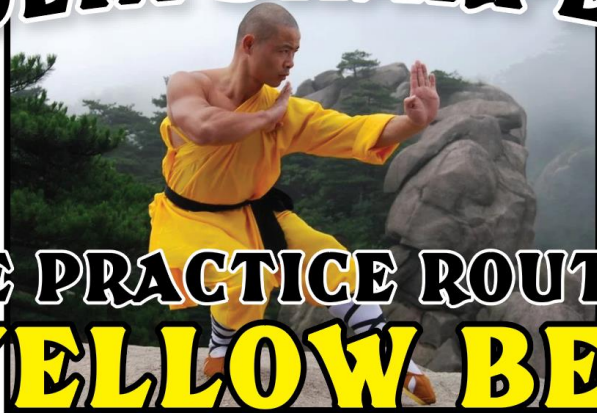


SHAOLIN-SHARPENING



HOME PRACTICE ROUTINE 2 FOR **YELLOW BELTS**

Warm-up: 10 Burpees, 10 Leg Lifts, 10 Lunge Pumps each leg

Right Foot Out and Elbows

Combos in Horse Stance:

10 Combos: Right Roundhouse Elbow, Right Cross Hammer (alternate sides)

10 Combos: Front Ball Kick + Back Kick without stepping down (alternate sides)

3 Times: 8-Point Blocking System with Counterstrikes with a Front Instep Kick after each Counterstrike

5 Times each side: Start in Fighting Stance. Step-Glide toward opponent in front of you with a lead Backfist

3 Times: Do all your Combinations slowly with near-perfect form

3 Times: Do all your Kempos slowly with near-perfect form

5 Times each side: Start in Side Horse Stance. Step-Glide toward opponent to the side with a lead Backfist

5 Times: Slap Out (*watch your surroundings!*)

1 Time: Do all your Combinations and Kempos normal speed with full power

2 Times: Do Pinan 1 slowly with near-perfect form

1 Time: Do Pinan 1 normal speed with full power

1 Time: Do Pinan 1 facing one of the 4 minor angles of the clock and focus on one of the Kata Skills.

BONUS: Do as many pushups 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.



“

*The more you sweat in training,
the less you bleed in combat.*

-Richard Marcinko