



# Practice Sheet

NAME \_\_\_\_\_

<b>Blue Belt</b>	Mon	Tue	Wed	Th	Fr	Sat	Sun
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## Daily Exercise

35 Jumping Jacks/35 Push Ups/35 Sit Ups							
Stand Stretch-Feet Wide Apart 10 Count							
Feet Together - Toe Touches 10 Count							
Butterfly Stretch - 10 Count							
Straddle Stretch 10 Count-Center/Left/Right							
Turn Hook Kicks: 10 Each Leg							

<b>Freedom: Part 3 (3 times each day)</b>							
Left Leg Jump Front Kick Low Block/Punch/High Block/Palm Heel Back Leg Round Kick/Knife Hand Block Triple Punch/Twist & Punch Side-Round Kick/Punch							

## Strikes: Defensive Stance - 10/Day

Back Leg Wheel/Front Leg Round/Punch							
Jab/Punch/Front Leg Round/Punch							
Side-Round Kick/Punch							