



Practice Sheet

NAME _____

Blue Stripe	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							
Lockout Side Kick out for 30 seconds both legs							

Freedom (complete form 1 time each day)							
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Strikes: Defensive Stance - 10/Day

Hook/Round/Step Up Side kick							
B. Round/B. Round/Punch							
Jab/Punch/Back Round Kick/Turn Hook							