



Practice Sheet

NAME _____

Brown Belt	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Daily Exercise

50 Jumping Jacks/50 Push Ups/50 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							
Kicks: 50 Round Kicks Each Leg							

Form: Chung MU (3 times a day)							
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Bo Staff Form - Shodan							
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Strikes: Defensive Stance - 10/Day

Spin Kick/Round Kick/Punch							
Round Kick/Tornado/Spin Kick							
Triple Round/Spin Backfist/Spin Wheel							