



Brown Stripe	Mon	Tue	Wed	Th	Fr	Sat	Sun
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							
Splits: 30 seconds each way							

Form: Chung MU (3 times a day)							
Journey (2 TIMES EACH WEEK)							
Freedom (2 TIMES EACH WEEK)							
Conquest (2 TIMES EACH WEEK)							

Bo Staff Form - Shodan							
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Strikes: Defensive Stance - 10/Day

Hook/Round/Side/Jab/Punch/Ridgehand/Spin							
Jab/Step Punch/Spin Backfist/Punch/Round/Spin							
Side-Hook-Round/Turnside/Spin Kick							