



Practice Sheet

NAME _____

Gold Belt

	Mon	Tue	Wed	Th	Fr	Sat	Sun
Daily Exercise							
25 Jumping Jacks							
25 Push Ups/25 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							

Journey: Part 1 - 3 times each day							
1 Left Front Stance/Double Low Block/Right Front Kick							
2 Right Front Stance/Double Middle Block/Left Front Kick							
3 Double High Block/Pulldown Right Punch							

Strikes: Defensive Stance							
1 Jab/Cross Punch/Front Kick <i>10 each day</i>							
2 Side Kick/Punch <i>10 each day</i>							
3 Wheel Kick/Punch <i>10 each day</i>							

4 Count Side Kick <i>10 each leg per day</i>							
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