



# Practice Sheet

NAME \_\_\_\_\_

<b>Purple 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							
Hook Kicks:25 Each Leg							

<b>Freedom: Part 1 (3 times a day)</b>							
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(Left) Block Punch (Right) Block Punch

(Center) Block/Punch/Punch/Palm Heel

Right Leg Front/Round/Side Kicks

Step Elbow/Hammer Strike/Backfist Strike

Turn Chop/Punch

## Strikes: Defensive Stance - 10/Day

Hook Kick/Jab/Punch							
Front Kick/Jump Front Kick							
Back Leg Front/Step Round/Step Side							