



# Practice Sheet

NAME \_\_\_\_\_

<b>Purple Stripe</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							
Turn Side Kicks: 10 Each Leg							

<b>Freedom: Part 2 (3 times each day)</b>							
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Right Defensive Stance Jab/Cross/Right Round/Left Punch
Left Defensive Stance Jab/Cross/Left Round/Right Punch
Horse Stance: Low 'X' Block Feet Together: High 'X' Block Defensive Stance: Pulldown to Right Side High Block/Punch

## Strikes: Defensive Stance - 10/Day

Hook/Round Kick/Jab/Punch							
Back Leg Round Kick/Turn Side/Punch							
Jab/Punch/Front Leg Round/Punch							