



Practice Sheet

NAME _____

Red Belt

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							

Conquest Part 1: (3 times a day)							
Left Knifehand Block/Punch/Front Kick Step Thru Back Fist Strike/ Turn Chop/Drop Punch Drop Down Turn Side Kick (Facing Away) Back Stance Step thru Punch Turn Chop/Punch							

Strikes: Defensive Stance - 10/Day

Back Round/Spin Kick							
Hook-Round-Side/Jab/Punch/B. Round Kick							
Front Axe Kick/Jab/Punch/B. Round/Spin							