



# Practice Sheet

NAME \_\_\_\_\_

<b>Red Stripe</b>	Mon	Tue	Wed	Th	Fr	Sat	Sun
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## 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							

<b>Conquest: Part 2</b>							
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Left Front Elbow-Chop/Punch/Back Round/Punch

Right Front Elbow-Chop/Punch/Back Round/Punch

4 Count Right Leg Side Kick

Skip Left Front Kick/X block low-high

Pulldown-Punch - Step Right Spearhead

## Strikes: Defensive Stance - 10/Day

Side/Turnside-Round/Punch							
F. Hook/B. Round/Turn Hook/Punch							
Jab/Punch/Ridge Hand Strike/Spin Kick							