

15 Upper body basic exercises

1. RFF-RH Straight punch solar plexus
2. RFF-RH Uppercut to chin
3. LFF-RH Straight punch solar plexus
4. LFF-RH Uppercut to chin
5. LFB-LH Closed fist Down block - RH straight punch solar plexus
6. RFB-LH Closed fist Side block - RH straight punch solar plexus
7. RFB-LH Open hand shuto side block - RH nukite solar plexus
8. RFB-LH Open hand forearm head block - RH uppercut to chin
9. RFB-LH Closed Fist Head block - RH straight punch solar plexus
10. RFB-LH Closed Fist Head block/Clear - LH snap to nose - RH straight punch solar plexus
11. RFB-LH Closed Fist Down block - 5 straight punches solar plexus
12. RFB-LH Closed Fist Side block - 5 straight punches solar plexus
13. RFB-LH Open shuto down block - RH open shuto to neck
14. RFB-LH Palm-heel chest block – RH hook punch to solar plexus / LH hook punch to kidney
15. RFB cat stance - Breaking Closed fist head block - hip strike - elbow strike –

15 Lower body basic exercises

- 1A. Bend touch floor - Feet together, legs straight - Palm heel to floor
- 1B. Back Bend/Tension Breathing - Heicho Datch, hands behind back, bend at waist, breath in, back up / arch back – exhale with tension
2. Leg Extension - RF back, lift R knee up, RH on R Knee, grab R toes with LH extend RL.
3. Wide Squat Stretch – Squat to one side – keep foot flat on bent leg, toes up on extended leg. Switch
4. Front snap kick (Seisan Stance – back leg kick to Sternum)
5. 45 Degree heel-blade kick (Seisan Stance – back leg kick to Knee)
6. Crossover heel stomp kick (Seisan Stance – back leg kick to Sternum)
7. Side Heel-blade kick (Seisan Stance – back leg kick to Sternum)
8. Turn to the Side in Cat Stance, Front snap kick
9. Circle Step 45 degree / Twist away, modified front / round house kick
10. Forward Heel Thrust kick
11. Knee kick
12. Back kick
13. Push ups
14. Body Twist
15. Breathing Cool down

Extra Kicks

1. Roundhouse kick
2. Crescent & reverse crescent kick
3. Hook kick
4. Jump front kick
5. Spinning back kick / hook / heel blade
6. Double Front Jump Kick
7. Flying Side Heel Blade Kick / Step behind Side Heel Blade Kick