



TMA Practice Sheet

Going for Blue Belt

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----|-----|------|-----|-------|-----|-----|
| 15 push ups, sit ups and jumping jacks | | | | | | | |
| Kanchu kata to music | | | | | | | |
| Kyu kumite #1 - 4, 10x practice rolls forward and back 10x | | | | | | | |
| stretch - straddle stretch, butterfly stretch holding for 30 seconds - 5x | | | | | | | |
| Show black belt respect wherever you go! | | | | | | | |
| | | | | | | | |

Words to know:

- George Mattson - The first to bring Uechi Ryu to America in 1958.
- Kanmei Uechi - The current Grandmaster of Uechi Ryu and Kanei's son.
- Fedele Cacia - Sensei Wendi's current teacher