



# TMA Practice Sheet

Going for Blue Belt 1 red stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 push ups, sit ups and jumping jacks							
practice step high block and Hiraken strike 10x each side							
Do left foot forward, slide right front punch - then right front kick 10x							
saza side kicks - 10x							
Kanshiwa as a different animal each day							
Help a family member with one of their chores							

**Words to know:**

**Seichin - combination of two katas - Seisan and Sanchin**

**Hiraken tsuki - tiger paw strike**

**3 Main Katas (the only katas that Kanbun Uechi taught) - Sanchin, Seisan & Sanseiryu**