



TMA Practice Sheet

Going for Blue Belt 2nd red stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Jumping jabs for 2 minutes							
Do the' cross, break slide double strike pull up into shokens' from Seichin 10x							
do 10 roundhouse kicks each side making sure to keep hands up							
Kanchu kata as crane think of a new drill for roundhouse kicks							
Help a family member with one of their chores							

Words to know:

Isumi Village - where Kanbun Uechi was born on 5/5/1877

Gichin Funakoshi - considered the father of modern karate, he is the first to teach karate to the Japanese, his style is called Shotokan