



# TMA Practice Sheet

Going for Blue Belt 3rd red stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8 count body builders - 10x							
Do the club attack with elbow, slide up circle bushiken, circle nukite 10x							
10 jumping front kicks each leg							
Sanchin, Kanshiwa, Kanchu to music							
practice round house block 10x each side							
Donate time to help the community (good cheer, beach cleanups, whatever parents say ok to)							

## Words to know:

Kanbun Uechi - DOB: 5/5/1877 - Died: 11/25/1948

Kanei Uechi - DOB: 6/26/1911 - Died: 2/24/1991

Kanmei Uechi DOB: 5/10/1941 - present