



TMA Practice Sheet

Going for Orange Belt

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
10 push ups & sit ups							
Kanshiwa kata to music							
Kyu Kumite # 1-3							
one handed get away, either hand 5x each							
demonstrate black belt excellence by demonstrating your kata to your parents							
Do 2 RAKS per day!							

Words to know:

Kanei Uechi - Kanbun Uechi's son

Karate - 'empty hand'

3 animals of our style - dragon, crane, tiger