



# TMA Practice Sheet

Going for Orange Belt 1 blue stripe

8 count body builders - 5x							
Kanchu practice - do the 'down around cross and break' 10x							
practice side thrust kicks - ready pos., pivot bring leg to shelf and strike with heel - 10x each leg							
Shield block - 10x each side							
demonstrate black belt excellence by think up a self defense move and sharing it with Sensei							
Be GREAT! (give compliments, read, exercise, avoid bad stuff and think positive)							

Words to know:

**Mawashi Geri - Roundhouse kick**

**Yoko Geri - Side Kick**

**Kanchu - 3rd kata means two names - Kanbun and Shushiwa**