



TMA Practice Sheet

Going for Orange Belt 2nd blue stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
waterbugs - 10X							
Kanchu practice - circle block and tettsui - 10x both sides							
Do the attack of #4 of Kyu Kumite 10x							
sparring practice - do lead leg roundhouse - lead backfist other hand straight punch 10x each side							
Keep self and room clean							
Go one week with no TV or video games!							

Words to know:

Tettsui Uchi - Hammer fist strike

Boshiken uchi - thumb knuckle strike (palm heel with thumb)

Nukite - spearhand strike