



# TMA Practice Sheet

## Going for Red Belt

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 push ups, sit ups & squats							
Do all katas as a different animal							
Think up and write down one 'fun activity' that includes and helps practice karate moves safely							
Practice 1-5 of Kyu Kumite							
hojo undo - sokuto geri shoman geri, mawashi tsuki, shoman tsuki - 10x							
Bus driver blocks - 10X each side							

### Words to know:

The 8 kata of Uechi Ryu - Sanchin, Kanshiwa, Kanchu, Seichin, Seisan, Seiryu, Kanchin, Sanseiryu

Shodan - Little Black Belt (1st degree)