



# TMA Practice Sheet

**White Belts – going for 1 stripe**

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Resting Position to Attention stance and bow - 5x</b>							
<b>Sanchin kata - Practice the opening of Sanchin 5x</b>							
<b>Kumite 3 practice - left foot fwd -low punches &amp; blocks</b>							
<b>Make sure room is picked up</b>							
<b>use polite words</b>							

**Words to know:**

**Dojo – training hall or ‘way place’**

**Sensei – Teacher**

**Respect – treating others the way I want to be treated.**