



# TMA Practice Sheet

## Going for Yellow Belt

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Practice stepping vs sliding forward and back							
kumite 3 making sure to chamber and use good form							
Sanchin - whole kata							
Do one thing to help someone else							
Keep self and room clean.							

### Words to know:

**Shoman tsuki (showman ski) – Front punch.**

**Shoman Geri – Front kick**

**Wauke (why-oo-kay) - circle block with double strike at the end**

**Rei (ray) - bow**