



TMA Practice Sheet

Yellow Belt - going for 1st orange stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5 proper push ups, sit ups & jumping jacks							
Beginning 3 moves of Kanshiwa - 5x							
circle - side snap kick 10X							
#1 of Kyu kumite							
demonstrate black belt excellence by following through on what you need to do							

Words to know:

Sokuto Geri - Side snap kick

Sanchin Dachi - Sanchin stance

Higi Tsuki (hee-gee ski) - elbow strike