



TMA Practice Sheet

Yellow Belt - going for 2nd orange stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
horse stance squats - 10x							
Club attack with elbow and back fist - 5x							
practice bringing leg to shelf position and holding.							
#2 of Kyu kumite							
demonstrate black belt excellence by making a promise to yourself and keeping it							

Words to know:

Uraken tsuki - back fist

Shoken tsuki - one knuckle fist (tiger tooth, or phoenix eye fist)

Kanshiwa - combination of two names, Kanbun and Shushiwa