



# TMA Practice Sheet

Yellow Belt - going for 3rd orange stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
10 shutos both hands							
Sanchin kata to music							
hold plank position for 1 minute							
#3 of Kyu kumite							
demonstrate black belt excellence by making finding a new job you can do around the house to help out and do it							

Words to know:

**Shushiwa (shoo-shee-wa) - Kanbun's teacher who taught Pangainoon karate**

**Pangainoon (pang-guy-noon) - "half hard/ half soft" - a style of chinese boxing**

**Shuto uchi - chop strike with side of hand**