



TMA Practice Sheet

White Belts – going for 3rd stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5 push ups, sit ups and front kicks							
kumite 3 practice -high punches & blocks							
Sanchin - practice wauke blocks 5x each side							
Find the good in other people and tell them about it!							
Keep self and room clean.							

Words to know:

Kanbun Uechi (way-chee) – Founder of our style.

Uechi Ryu (way-chee roo) – Uechi style karate

Mawate (ma-wa-tay) – 180 degree turn (towards the back foot to face the opposite direction)