移動基本 Idou Kihon Unit Lesson 2: **Yellow - Purple** Belt Homework

The Empty Cup

Name: _____ (4pts)

Instructions: For the exercise of the week, you will see a number next to the exercise you must do this week. See example bellow on how to fill out your homework.

ie. Push-ups (50)

25	*Sat Oct 10*	*1:45 PM*	*25*	*Sun Oct 11*	*2:50 PM*

Remember, you will get stronger faster by doing the full motion and proper form.

Sumo Squats (60) (4pts)

Kihon – Basics:

(Optional) Watch the first video the QR code takes you to and work on the things the video tells you. Do your best to do your basics exactly as shown.

Zenkutsu Dachi Chudan Tsuki – Front Stance Middle Punch (20) (4pts)

Zenkutsu Dachi Age Uke – Front Stance Upward Block (20) (4pts)

Kata/Kumite: Either practice your Kata 5 times a week or practice your fighting stance basics. If you choose to practice your fighting stance basics, 20 repetitions count for 1 Kata. For extra credit practice 10 times instead of 5.

ie.

Ten no Kata	*1 time Saturday*	*Reverse Punch*	*20 times Sunday*

(4 – 9pts)

When talking to the "learned" man the Zan master stopped talking and overflowed a cup with tea. Why did the Zen master do this? What can we as karate students learn from this?

(5 – 10pts)

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