移動基本 Idou Kihon Unit Lesson 4: **White - Orange** Belt Homework

Winning Spirit

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.

Hack 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 Soto Uke – Front Stance Outward Block (20) (4pts)

Zenkutsu Dachi Mae Geri Jun Tsuki – Front Stance Front Kick Punch (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)

Extra Credit: The engraver clearly knew that he would be unable to win the fight against Matsumura Sensei. Beginners, like Matsumura's student who easily lost to Matsumura Sensei did not understand this though. Does this mean that the engraver, who could not perform a single technique against Matsumura Sensei is worse than the Lord of the Clan?

(5 – 10pts)