



This is a Tabata Style Workout. Perform as many reps of each exercise that you can do in **20 seconds** with a **10 second rest in between exercises**. Take a **one minute rest** at the end of each set. Turn up the music and go for it!

SAI HOJO UNDO (5 MINS)

SET 1

Start in heiko dachi, step out to front stance

1. Jodan mawashi uchi.
2. Jodan uke.
3. Chudan tsuki.
4. Chudan Harai-uke.
5. Gedan Harai-uke.
6. Gedan uke.
7. Chudan tsuki, jodan mawashi uchi, gedan uke.
8. Chudan tsuki, gedan harai uke, jodan nuki, gedan uke
9. Chudan tsuki, chudan harai uke, gedan harai uke, kote uchi, gedan uke
10. Chudan tsuki, chudan harai uke, mawashi kote uchi.

BO DAI ICHI (4 MINS)

SET 2

****Start all exercises in kumae position - perform on the spot***

1. Jodan uchi (crown strike)
2. Jodan naname uchi (temple strike)
3. Chudan yoko uchi (body strike)
4. Gedan yoko uchi (knee strike)
5. Chudan kake uke tsuki (cat stance block, throat strike)
6. All of bo dai ichi (1 of each strike)
7. All of bo dai ichi (2 x each strike)
8. Bo dai ichi (3 x each strike)

YARA NU SAI (4MINS)

SET 3

Start in heiko dachi, step out to front stance

1. Lower block to the back, open strike on one leg, lower block, pull back punch. REPEAT
2. Archer position facing left, open strike left hand (one foot), lower block, pull back punch. REPEAT
3. Right leg harai uke, kote, gedan. Change left leg punch, harai uke, kote, gedan. REPEAT
4. Punch, harai uke, temple strike, temple block, jodan mawashi, gedan uke, double punch. REPEAT
5. Kumae, double punch low, double punch high, double mawashi strike. Lower block to the front. REPEAT
6. Put it all together - Yara Nu Sai Part C.
7. Repeat Step #7