



## TABATA KATA (4 MINS)

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!

### KIHON (4 MINS)

#### SET 1

***\*Start all exercises in heiko dachi (stand strong)***

1. Right Leg front stance & right punch, jump switch legs repeat
2. Step out Right leg to horse stance double punch back to heiko- dachi, repeat
3. Step out left leg to horse stance double punch back to heiko- dachi, repeat.
4. Punch to head, body, groin repeat
5. Upper block, double punch
6. Inner block, double punch
7. Lower block, double punch
8. Hammer fist, double punch

### ZENKUTSU DACHI (4 MINS)

#### SET 2

***\*Start all exercises in zenkutsu dachi (front knee bent, back leg straight)***

1. Right Leg back, mae geri (front kick) land back, repeat
2. Left leg back, mae geri (front kick) land back, repeat
3. Right Leg back, mae geri (front kick) land back, switch legs, repeat.
4. Right leg back, left upper block, right gyaku tsuki (punch)
5. Left leg back, right upper block, left gyaku tsuki (punch)
6. Right leg back, left inner block, right gyaku tsuki (punch)
7. Left leg back, right inner block, left gyaku tsuki (punch)
8. Squat kicks

#### SET 3

***\*Start each exercise in heiko dachi.***

***Change legs on the spot***

1. Step fwd left leg lower block, change right leg punch. Repeat
2. Step fwd right leg lower block, hammer fist, change left leg punch. Repeat.
3. Step fwd left leg lower block, right leg upper block, left leg upper block, right leg upper block. Repeat
4. Step fwd left leg lower block, change right leg punch. Repeat
5. Step fwd right leg lower block, change left leg punch. Repeat.
6. Step fwd left leg lower block, change right leg punch, change left leg punch, change right leg punch. Repeat
7. Knife hand block back stance to the left, to the right, to the right, to the left.
8. Put it all together and do whole of hiean shodan on the spot.