



TABATA KATA UNSU (5 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!

Challenge - Repeat x2

KIHON (4 MINS)

SET 1

****Start all exercises in heiko dachi***

1. Age uke (upper block), nihan chudan tsuki (double punch)
2. Uchi uke (inner block), nihan chudan tsuki
3. Soto uke (outer block), nihan chudan tsuki
4. Gedan barai (lower block) nihan chudan tsuki
5. Age enpi (rising elbow)
6. Mawashi enpi (round elbow)
7. Yoko enpi (side elbow)
8. Ushiro enpi (back elbow)

KICKS (4 MINS)

SET 2

****Start all kicks in sparring stance***

1. Back leg mawashi geri (roundhouse kick) right leg
2. Back leg mawashi geri left leg
3. Step up mawashi geri right leg
4. Step up mawashi geri left leg
5. Step up ura mawashi geri (hook kick) right leg
6. Step up ura mawashi geri left leg
7. Kizami tsuki, gyaku tsuki, step up mawashi geri
8. Kizami tsuki, gyaku tsuki step up ura mawashi geri

SET 3

1. Start from "T" position, then right, ippon nukite move, reaping sweep, then left ippon nukite, reaping sweep sequence. Repeat.
2. Start in ippon nukite position, step out left shuto uke, gyaku tsuki sequence. Repeat
3. Start in kiba dachi arms out,, switch legs pressing block move, repeat then haito. Repeat
4. Left leg back haito - mae geri, block turn sequence. Repeat
5. Yoi, left feint high, block low, strike high sequence, step through groin punch.Repeat
6. Tsuki uki sequence. Repeat
7. Step out left fudo dachi/Kakiwake, strike, Mai Geri, cover left punch step through right punch.Repeat
8. Start right leg fwd punch. Right leg step behind kiba dachi low block slide high shuto block left repeat other side, low open hand block high shuto finish with punch.Repeat
9. Start sanchin dachi - mawashi uke right, mawashi uke left.Repeat
10. Start mawashi uke position, turn block punch. Repeat