



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

TABATA KATA NIDAN(4 MINS)

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

****always start next exercise from finishing position of last exercise***

1. Start in heiko dachi First 2 moves (to the left). Repeat
2. Next 2 moves (to the right) Repeat.
3. Slide in back foot, then front foot, keage, backfist, knife hand block to the front.Repeat
4. 3 knife hand blocks (left, right, left) left hand pressing block right hand nukite (throat strike). Repeat
5. Knife hand sequence (left, right, right, left) repeat
6. Yaku Inner block sequence, right . repeat
7. Yaku inner block sequence left.
8. Reinforced block right, turn left lower block, right upper block to corner, turn to right lower block, left upper block to corner kiai. Repeat