

# Chart 1

1. Touch toes while exhaling, stand up and inhale
2. Stand on right leg, hold left leg up and out with left hand pulling back ball of foot (for thrust kick stretch) or left hand pulling heel (for snap kick stretch). Note: can hold foot with opposite hand.  
Repeat on opposite side.
3. Lunge to right, left leg out to side with toes back and foot pointed up.  
Repeat on opposite side.
4. Straight forward kick right leg from LFF Seisan dachi. Hands posted on hips in "ready" position.  
Repeat on opposite side
5. Low side blade kick ("cutting" kick) to right front with right leg from LFF Seisan dachi. Hands posted on hips in "ready" position. Repeat on opposite side.
6. Front crossover kick with right leg from LFF Seisan dachi, striking with the edge of the foot.  
Hands posted on hips in "ready" position.  
Repeat on opposite side.
7. Side blade kick to right with right leg from LFF Seisan dachi striking with the edge of the foot.  
Repeat on opposite side.
8. Side kick to right with right leg from LFF Seisan dachi striking with the ball of the foot.  
Repeat on opposite side.
9. Back kick to rear with right leg from LFF Seisan dachi striking with the heel of the foot.  
Repeat on opposite side.
10. Front heel thrust kick with right leg from LFF Seisan dachi, striking with the heel of the foot.  
Hands come up and out, "grabbing" attacker (similar to double open hand middle block).  
Repeat on opposite side.
11. Step to left and lean left (as in Sunsū), catch left, right front squat kick,  
Repeat on opposite side.
12. Knee kick to front with right knee from LFF Seisan dachi. Kick should be practiced both in an upward direction (for taller opponents) and in an outward direction (same size or smaller opponent).  
Repeat on opposite side.
13. Knuckle push-ups.

14. Squat down (be careful of knees), jump up and bring knees to chest, squat, jump up and bring heels to rear, repeat.
15. Swing arms loosely from side to side, turning head in same direction. On every third swing kick to front with opposite side leg.
16. Breathing exercise. Bring arms up and back and inhale deeply, drop down while bringing arms down and exhale, trying to bring hands to floor, repeat but on exhale bring hands down and back through legs