

½ Hour Burn

Karate Grahm (Basic 8 directions)

Waza – 4 basic blocks & oi tsuki –Gyaku tsuki - Rear leg FSK, Front Leg FSK

Karate Grahm Drop Waza (Basic 8)

Waza – 4 basic blocks & oi tsuki –Gyaku tsuki - Rear leg FSK, Front Leg FSK

6 Min. on the bike (triangle 30 sec on 30 sec off)

2 count taikyoku 5 times (30 second rest)

makiwara – 50 each side – reverse punch
50 each side straight punch