

## Homework!

Find drills you can do every day! There are so many opportunities to practice every day. My goal is to get you to think and move like a martial artist, not just when you are in class, but all the time. This is, after all, a school. Do your homework!

Here are a bunch of things for you to work on, all the time, but particularly when you are unable to attend classes

### Stances and Footwork

- 1) Walk from your bedroom to the bathroom using a back stance with every step.
- 2) When you make a turn, do the big turn from Kihon Kata 4 and 5 and go the long way around!

### Balance.

Practice keeping your balance whenever you can! It is easy to do some little things to help.

- 1) Brush your teeth while standing on one foot.
- 2) Put your shoes in socks on while standing on one foot
- 3) Practice kicking until you can do five kicks without putting your foot down.

### Training Aids

#### Walls

Remember that real expensive training aid your parents bought you? Put those walls in that house to use! Stand with your shoulder touching the wall and:

Practice your blocks so that you don't 'over' block.

Punch straight and keep your elbows from hitting the wall.

Do a high block and keep those elbows in!

#### Mirrors

Are you punching to the correct level?

Are your blocks at the right distance from your body?

Do you see space between your elbows and your body?

#### Paper

Are your toes pointing the correct direction in your back stances?

Do you have a big enough angle on your blocks?

#### Katas

Do them! Do as many or as much as you can remember and use good stances.