

WUSHU BOOT CAMP



BKFA GUARDIAN CHALLENGE 2017



> Pre-challenge loosen off recommended.

WARM UP

5 Mins

- > Running forwards
- > Side to sides (both sides)
- > Crossovers (both sides)
- > High knees
- > Slow heel raises x10
- > Deep squats x10

PHASE ONE

JUMPS

5 Mins

- > Wheel arms - right arm leads x25
- > Spring jumps x10
- > Tuck jumps x10
- > Squat 180 jumps (twice to face front) x10
- > Wheel arms - left arm leads x25
- > Spring jumps with waist twists x10
- > Spinning spring jumps x10

PHASE TWO

WALKS

7 Mins

- > Walking snap kicks 1 Min
- > Front stretch kicks 1 Min
- > Inside crescent Kicks 1 Min
- > Outside crescent kicks 1 Min
- > Side stretch kicks (both sides) 1 Min
- > Snap kick and punch 1 Min
- > Jumping snap kicks 1 Min

PHASE THREE

STANCES

6 Mins

- > 5 step stance routine, L-leg leads 2 Mins
- > Stance shift & punch, HRS/Bow-arrow 2 Mins
- > 5 step stance routine. R-leg leads 2 Mins

YOU ARE NOT DONE YET!

REPEAT PHASES ONE TO THREE

> DO A TOTAL OF 3 ROUNDS