Return to Dojo FITNESS & SKILLS Challenge 2020														
Name: Level:														
Kyu:														
Ttyui														
Aim of the challeng	e is to be able to do all activities by the	number of Target Reps	in Column	B by the e	nd of four wee	eks.								
	ou do the more you improve. Remembe													
	lenge is to do the basics (Warm up, Bu						day (Blocks	, Kicks Stri	kes).					
	with technique are available are on Bukin					ukido111								
	ns ask a black belt instructor. Make sure bers and send your daily results to Sara					ne records								
	Il be published in weekly newsletter.	an at bunidona@gmail.	Com Cacin C	ay 30 Sile	can upuate ti	le records.								
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Rules	Activities	Target Reps per day	Monday		Wednesda	-	Friday	Saturday	_	_	_	Wednesd		Friday
			14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Se
	Warm up	O malina												
	Skipping/Running on the spot Star Jumps	2 mins 20												
Basics - Must Do	Crunchies	20												
Do warm ups,	Push ups	10												
Bukido 100	Leg lifts (each leg)	10												
and Kata	Side leg lifts (each leg	10												
everyday	Bukido 100													
Do at least one	Mountain climbers	20	(	)										
colored group	Squat kicks	20												
as well. (See below)	Pushups Situps (Double punch)	20 20												
	Sprawl	20												
	Kata													
	All Katas that you know	At least once each												
	Kata that you're learning	5 times minimum												
	Blocks (alternating)													
	Upper	10												
01	Mid section	10												
Choose at least one of the colored	Lower Outer forearm	10 10												
groups as well as	Tisho	10												
the basics.	Soto	10												
	Kake	10												
You can do more	Double Upper	10												
than one group.	Double lower	10												
Choose a different	Twisting lower forearm	10												
one each day.	Lower Tisho Fist Strikes (Alternating)	10												
	Head Punch (Jodan Suki)	10												
Choose at least	Mid section Punch (Chudan suki)	10												
one of the colored	Low punch (Gadan Suki)	10												
groups as well as	Hook punch (Firiuchi)	10												
the basics	Vertical fist (Tate Suki)	10												
Choose a different	Hammer fist to nose (Titsui)	10												
one each day.	Uppercut (Shitasuki) Open hand strikes	10												
Choose at least	Shuto Technique 1	10												
one of the colored	Shuto Technique 2	10												
groups as well as	Shuto Technique 3	10												
the basics	Haito	10												
You can do more	Palm Heel	10												
than one group.	Mawashi Palm heel	10												
Choose at least one of the colored	Elbow Strikes (Empi's)	10												
groups as well as	Front horizontal Empi (Hit other hand) Side Empi	10												
the basics	Upper cut Empi	10												
You can do more	Reverse Empi	10												
than one group.	Vertical (downward) Empi	10												
	<u>Kicks</u>													
	Stomp Kick (Kakatgeri)	10												
Choose at least	Knee joint kick (Kensetsugeri)	10												
one of the colored	Groin Kick (Kingeri)	10												
groups as well as the basics	Front Kick (Migeri) Roundhouse kick (Mawashigeri)	10 10												
You can do more	Crescetn kick (Inside/Outside)	10												