



# NEW YORK KARATE & KICKBOXING

## PRACTICE LOG

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>PUSH UPS</b>							
<b>SQUATS</b>							
<b>CRUNCHES</b>							
<b>SIT-UPS</b>							
<b>UP-DOWNS</b>							
<b>BALANCING</b>							
<b>SIDE KICKS</b>							
<b>ROUNDHOUSE</b>							
<b>FRONT KICKS</b>							
<b>CRESENT KICK</b>							
<b>TORNADOKICK</b>							
<b>JUMP FRONT KICKS</b>							
<b>KNEE KICKS</b>							
<b>JABS</b>							
<b>HOOKS</b>							
<b>CROSS PUNCH</b>							
<b>3-WAY BLOCK</b>							
<b>BOBBING</b>							
<b>JUMP ROPING</b>							