

General Training

Equipment needed: Beans; Salt; Pail; Slap board; makiwari; Banalg.

START

Palm - slapboard	10 - 10	Hand held
Fingers - beans	10 - 10	Jab & roll
Fist - Makiwari	10 - 10	Seiken; Uraken; hammerfist.

FIRST ADJUSTMENT

Palm - Slap board	10 - 10 - 10	increased intensity to maximum at 10
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SECOND ADJUSTMENT

Palm - Slap board on soft surface; add one pad (3 pads)
3 sets of 20.

Fingers - Throw in hand full of gravel (driveway grade)

Fist - Seiken	20 - 20 - 20
Uraken	10 - 10 short turn strike
Hammerfist	5 - 5 - 5 hard (3 pads)

THIRD ADJUSTMENT

Palm - Slap board	strike & turn	3 sets of 10
Cement block	hit	2 sets of 10

Fingers - same

Fist - Set board on makiwari for force breaking

Seiken	- 1 set increasing intensity to 10 - 2 sets 30
Uraken	- 1 st to 6 1 intensify to 10
Hammerfist	- 3 sets 8