



10,000 Kicks in 2 Months

Fear not the fighter who has practiced 10,000 kicks.
 Fear the fighter who has practiced 1 kick 10,000 times.

Name: _____ Sponsor/ Training Partner: _____ Selected Kick: _____	<p style="text-align: right;">Example:</p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;">18</p> <p style="text-align: center; font-size: 2em;">200</p> <p style="text-align: center; font-size: 2em;">ABC</p> </div> <p style="text-align: center;">Number of Kicks:</p> <p style="text-align: center;">Sponsor's Initial:</p>
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Example Plans: 50 days of 200 kicks (5 days of kicks 1 day of rest)
 40 days of 250 kicks (2 days of kicks 1 day of rest)
 20 days of 500 kicks (1 day of kicks 2 days of rest)
 10 days of 1000 kicks (1 day of kicks 5 days of rest)

Things to focus on while practicing the kicks: **height, speed, power, explosiveness** and **proper form**.

October 16	17	18	19	20	21	22	Weekly Totals
23	24	25	26	27	28	29	
30	31	November 1	2	3	4	5	

"Goh for it!"

6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	December 1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
2 Month Total:							

“Goh for it!”