

April 2011

Little Ninja and Mighty Dragon Practice Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Spring Break						1	2
3	4 <i>Do 10 Front Kicks</i>	5 <i>Do 10 Back Kicks</i>	6 <i>Do 10 Side Kicks</i>	7 <i>Do 5 Push-Ups</i>	8 <i>Do 10 Jab-Cross Combos</i>	9	
10	11 <i>Do 10 Backfists</i>	12 <i>Do 10 Body Punches</i>	13 <i>Do 5 Sit-Ups</i>	14 <i>Do 10 Round Kicks</i>	15 <i>Do 10 Knee Strikes</i>	16	
17	18 <i>Do 10 Palmheels</i>	19 <i>Do 5 Push-Ups</i>	20 <i>Do 10 Hammer- fists</i>	21 <i>Do 10 Backfist- Body Punch Combos</i>	22 <i>Do 10 Blocking Combos</i>	23	
24	25 <i>Do 5 Sit-ups</i>	26 <i>Do 10 Round- house kicks</i>	27 <i>Do 10 Turtle Blocks</i>	28 <i>Do 10 Duck Blocks</i>	29 <i>Do 5 Push-Ups</i>	30	