

Miss Patti's Growling Tiger Work Out (Tiny Tigers)

May be done in the motel/hotel room

Warm Up

30 seconds - Run in place

5 Squats

30 seconds - Hop like a bunny

Stretch

5 Arm Circles forward

5 Arm Circles backward

Reach for your toes, legs straight

Squat

Sit on bum with straight legs out wide

Reach for your right foot

Reach for your left foot

Stand up, and now it's:

Work Out Time!

Attention Position:

Feet together & toes touching

Hands by your sides

Stand tall

Look Straight Ahead

Good Fighting Stance:

Feet shoulder-width apart

Right leg back (but not hiding behind left leg)

Knees bent

Hands up by eyebrows

In Fighting Stance:

5 Jab Punches (left/front hand)

5 Cross Punches (right/back hand) don't forget to twist the back foot

5 Hook Punches (left/front hand) twist front foot

Excellent. Give yourself a High Five and send us a post card and let us know what you did to train and how much fun your vacation is.

Send us a post card describing two 20-minute workouts & we'll give you 1 class credit.

Practical Martial Arts

5768F Paradise Dr.

Corte Madera CA 95925

Miss Patti's Crouching Tiger Work Out (Tiny Tigers)

May be done on a lawn, sandy beach, or wide open, carpeted area

Warm Up

15 seconds - Hop like a bunny

15 seconds - Bear Crawl

15 seconds - Frog Jumps

Stretch

5 Arm Circles forward

5 Arm Circles backward

Reach for your toes, legs straight

Squat

Sit on bum with straight legs in front

Reach for your toes -- keep your legs straight

On your belly for Snake Stretch:

(Repeat this 2 times)

Snakes Up: arms straight and look up; keep hips and legs on ground

Snakes Down: Release arms and lay on belly on ground

Stand up, and now it's:

Work Out Time!

Attention Position:

Feet together & toes touching

Hands by your sides

Stand tall

Look Straight Ahead

Good Fighting Stance:

Feet shoulder-width apart

Right leg back (but not hiding behind left leg)

Knees bent

Hands up by eyebrows

In Fighting Stance:

5 Knees (back leg knees) Bring hands together in front and knee to the hands. Return to Fighting Stance after each knee.

5 Front Kicks (back leg) Bring knee up, kick out, and back to Fighting Stance. Did you remember to keep your hands up?

Excellent. Give yourself a Pat on the Back and send us a post card and let us know what you did to train and how much fun your vacation is.

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Miss Patti's Punching Grasshopper Work Out (Grasshoppers & Little Dragons)

May be done in the motel/hotel room

Warm Up

30 seconds - Run in place

8 Squats

30 seconds - Hop like a bunny

Stretch

8 Arm Circles forward

8 Arm Circles backward

Reach for your toes, legs straight then

Squat (do this 2 more times)

Sit on bum with straight legs out wide

Reach for your right foot

Reach for your left foot

Frog Stretch with knees out wide

Stand up, and now it's:

Work Out Time!

Attention Position:

Feet together & toes touching

Hands by your sides

Stand tall

Look Straight Ahead

Good Fighting Stance:

Feet shoulder-width apart

Right leg back (but not hiding
behind left leg)

Knees bent

Hands up by eyebrows

In Fighting Stance:

5 Jab Punches (left/front hand)

5 Cross Punches (right/back hand) don't
forget to twist the back foot

5 Hook Punches (left/front hand) twist
front foot

Finish with 8 sit ups (bent knees & ask
one of your parents to hold your feet
while you do these)

Excellent. Give yourself a High Five and
send us a post card and let us know
what you did to train and how much fun
your vacation is.

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Miss Patti's Kicking Grasshopper Work Out (Grasshoppers and Little Dragons)

May be done on a lawn, sandy beach, or wide open, carpeted area

Warm Up

15 seconds - Hop like a bunny

15 seconds - Bear Crawl

15seconds - Frog Jumps

15 seconds - Crab Walk

Stretch

8 Arm Circles forward

8 Arm Circles backward

Reach for your toes, legs straight
then Squat (Repeat this 3 more times)

Sit on bum with straight legs in front of
you

Reach for your toes -- keep your legs
straight

On your belly for Snake Stretch:
(Repeat this 2 times)

Snakes Up: arms straight and
look up; keep hips and legs on ground

Snakes Down: Release arms and
lay on belly on ground

Change to Frog Stretch (on your hands
and knees with knees out wide)

Stand up, and now it's:

Work Out Time!

Attention Position:

Feet together & toes touching

Hands by your sides

Stand tall

Look Straight Ahead

Good Fighting Stance:

Feet shoulder-width apart

Right leg back (but not hiding
behind left leg)

Knees bent

Hands up by eyebrows

In Fighting Stance:

5 Knees (back leg knees) Bring hands
together in front and knee to the hands.
Return to Fighting Stance after each

knee.

5 Front Kicks (back leg) Bring knee up,
kick out, and back to Fighting

Stance. Did your remember to keep
your hands up?

Finish with 8 sit ups (bent knees & ask
one of your parents to hold your feet
while you do these)

Excellent. Give yourself a Pat on the
Back and send us a post card and let us
know what you did to train and how
much fun your vacation is.

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1 class credit.

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Miss Patti's Freestyle Frogs Work Out (Kids: Beginners)

May be done in the motel/hotel room.

Warm Up

30 seconds - Run in place
10 Squats and jump up as high as you can -- arms up & reaching for the sky
30 seconds - Jumping Jacks
10 most-excellent push ups
15 seconds - hop on left foot; then
15 seconds hop on right foot

Stretch

8 Arm Circles forward
8 Arm Circles backward
Reach for your toes, legs straight
Squat
20 seconds -- Side Splits
20 seconds -- Right Leg Front Splits
20 seconds -- Left leg Front Splits

Work Out Time!

Good Fighting Stance
8 Jab Punches (are your knees bent?)
8 Cross Punches (are you twisting your back foot?)
8 Hook Punches (are you twisting your front foot?)
8 Jab-Cross (Hands up by your eyebrows?)

Finish with 25 sit ups (bend your knees and get one of your parents to hold your feet)

Give yourself a jumping "High Five" and send us a post card and let us know what you did to train and how much fun your vacation is.

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Miss Patti's Ninja Frogs Work Out (Kids: Beginners)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up

20 Bunny Hops
20 Bear Crawls
20 Frog Jumps
20 Crab Walks

Stretch

Sit down
Butterfly Stretch; nose to your toes and hold position (count to 20)
Legs out wide
Stretch to your right foot and hold (count to 20)
Stretch to your left foot and hold (count to 20)
Stretch to the middle -- reach far forward and hold (count to 25)
On your belly for Snake Stretch
Snakes UP (count to 20)
Snakes look to the RIGHT (count to 10)
Snakes look to the LEFT (count to 10)
Knees out wide for FROG stretch (count to 20)

Work Out Time!

Good Fighting Stance
8 Front Kicks (back leg kick, toes point up)
8 Sliding Round Kicks (Hold onto something stable and do these SLOWLY: slide up, knee up, kick out, back and down.)
Return to Fighting Stance after each kick.
9 Back Leg Roundhouse Kick (onto something stable and do these SLOWLY: pivot the front foot, pivot, back leg knee up, kick out-back-and land in front)
Return to Fighting Stance after each kick.

SIDE SPLITS:

20 seconds -- Side Splits
20 seconds -- Right Leg Front Splits
20 seconds -- Left leg Front Splits

Congratulations! Give yourself a big Pat-on-the-Back and send us a post card and let us know what you did to train and how much fun your vacation is.

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Miss Patti's Fighting Karp Work Out (Kids: Intermediates, & Advanced)

May be done in the motel/hotel room.

Warm Up

1 minute - Run in place
10 Squats and jump up as high as you can -- arms up & reaching for the sky
1 minute - Jumping Jacks
20 most-excellent push ups
1 minute - 25 hops on left foot; then 25 hops on right foot

Stretch

10 Arm Circles forward
10 Arm Circles backward
Reach for your toes, legs straight
Squat
30 seconds -- Side Splits
30 seconds -- Right Leg Front Splits
30 seconds -- Left leg Front Splits

Work Out Time!

Good Fighting Stance
8 Jab Punches (are your knees bent?)
8 Jab-Cross (are you twisting your front foot?)
8 Jab-Cross-Hook (Hands up by your eyebrows?) (are you twisting your back foot?)
8 Jab-Cross-Hook-Cross
8 Cross-Hook-Cross
8 Hook-Cross-Hook
8 Jab-Cross-Uppercut
8 Cross-Uppercut-Cross
8 Uppercut-Uppercut-Uppercut

Finish with 35 sit ups (bend your knees and get one of your parents to hold your feet)

Give yourself a jumping "High Five" and send us a post card and let us know what you did to train and how much fun your vacation is.

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Miss Patti's Flying Koi Work Out (Kids: Intermediate & Advanced)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up

25 Bunny Hops
25 Bear Crawls
25 Frog Jumps
25 Crab Walks
25 Gorrilla Walk

Stretch

Sit down
Butterfly Stretch; nose to your toes and hold position (count to 20)
Legs out wide
Stretch to your right foot and hold (count to 20)
Stretch to your left foot and hold (count to 20)
Stretch to the middle -- reach far forward and hold (count to 25)
On your belly for Snake Stretch
Snakes UP (count to 20)
Snakes look to the RIGHT (count to 10)
Snakes look to the LEFT (count to 10)
Knees out wide for FROG stretch (count to 20)

Work Out Time!

Good Fighting Stance
5 Front Kicks (back leg kick, toes point up) Hold onto something stable and do these SLOWLY: slide up, knee up, kick out, back and down.
5 Front Kicks (normal speed)
5 Sliding Round Kicks Hold onto something stable and do these SLOWLY: slide up, knee up, kick out, back and down.
5 Sliding Round Kicks (normal speed)
Return to Fighting Stance after each kick.
5 Back Leg Roundhouse Kick Hold onto something stable and do these SLOWLY: pivot the front foot, pivot, back leg knee up, kick out-back- and land in front.
5 Back Leg Roundhouse Kick (normal speed)
Return to Fighting Stance after each kick.
SIDE SPLITS:
20 seconds -- Side Splits
20 seconds -- Right Leg Front Splits
20 seconds -- Left leg Front Splits

Congratulations! Give yourself a big Pat-on-the-Back and send us a post card and let us know what you did to train and how much fun your vacation is.

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**Practical Martial Arts
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Miss Patti's Swooping Eagle Work Out (Beginner Teens & Adults)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up Stretch

Sit down

Butterfly Stretch; nose to your toes
and hold position

Legs out wide

Stretch to your right foot and hold

Stretch to your left foot and hold

Stretch to the middle -- reach far
forward and hold

On your belly for Snake Stretch

Snakes UP

Snakes look to the RIGHT

Snakes look to the LEFT

Knees out wide for FROG stretch

SIDE SPLITS:

30 seconds -- Side Splits; 30

seconds -- Right Leg Front Splits

30 seconds -- Left leg Front Splits

Work Out Time!

50 Jumping Jacks; 50 Punches and
Kicks (Shadow Boxing)

Repeat the above two more times

Include these combinations with
kicks, knees, and a Good Fighting
Stance

Two - Jab, Cross

Three - Jab, Cross, Hook

Four - Jab, Cross, Hook, Cross

Five - Cover with Rt hand, Cross,
Hook

Six - Cover with Lt hand, Hook
Cross

Seven - Cross, Hook, Cross

Eight - Hook, Cross, Hook

(A) 30 seconds -- Jog in Place

Ten Burpies

Congratulations! Give yourself a
jumping-spinning High Five and
send us a post card and let us know
what you did to train and how much
fun your vacation is.

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you 1 class credit.

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Miss Patti's Flying Hawk Work Out (Beginner Teens & Adults)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up

50 Jumping Jacks
50 Punches and Kicks (Shadow Boxing)
Repeat the Warm Up one more time

Stretch

Sit down
Butterfly Stretch; nose to your toes and hold position
Legs out wide
Stretch to your right foot and hold
Stretch to your left foot and hold
Stretch to the middle -- reach far forward and hold
On your belly for Snake Stretch
Snakes UP
Snakes look to the RIGHT
Snakes look to the LEFT
Knees out wide for FROG stretch
SIDE SPLITS:
30 seconds -- Side Splits; 30 seconds -- Right Leg Front Splits
30 seconds -- Left leg Front Splits

Work Out Time!

Good Fighting Stance
16 Front Kicks Hold onto something stable and do these SLOWLY: back leg knee up, kick out, toes point up, back and down)
6 Front Kicks Normal Speed
6 Sliding Round Kicks Hold onto something stable and do these SLOWLY: slide up, knee up, kick out, back and down.
6 Sliding round Kicks Normal Speed
Return to Fighting Stance after each kick.
6 Back Leg Roundhouse Kick Hold onto something stable and do these SLOWLY: pivot the front foot, pivot, back leg knee up, kick out-back- and land in front
6 Back Leg Roundhouse Kicks Normal Speed
Return to Fighting Stance after each kick.
SIDE SPLITS:
30 seconds -- Side Splits; 30 seconds -- Right Leg Front Splits
30 seconds -- Left leg Front Splits

Congratulations! Give yourself a big Pat-on-the-Back and send us a post card and let us know what you did to train and how much fun your vacation is.

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Miss Patti's Red Dragon Work Out (Int/Adv. teens & adults)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up Stretch

Sit down

Butterfly Stretch; nose to your toes
and hold position

Legs out wide

Stretch to your right foot and hold
(count to 20)

Stretch to your left foot and hold
(count to 20)

Stretch to the middle -- reach far
forward and hold (count to 20)

On your belly for Snake Stretch

Snakes UP

Snakes look to the RIGHT

Snakes look to the LEFT

Knees out wide for FROG stretch

SIDE SPLITS:

30 seconds -- Side Splits; 30

seconds -- Right Leg Front Splits

30 seconds -- Left leg Front Splits

Work Out Time!

50 Jumping Jacks; 100 Punches
and Kicks (Shadow Boxing)

Repeat the above three more times

Include each of the following
combinations with a kick or knee
and a Good Fighting Stance

Two - Jab, Cross

Three - Jab, Cross, Hook

Four - Jab, Cross, Hook, Cross

Five - Cover with Rt hand, Cross,
Hook

Six - Cover with Lt hand, Hook

Cross

Seven - Cross, Hook, Cross

Eight - Hook, Cross, Hook

Nine - Jab, Cross, Uppercut

Ten - Cross, Uppercut, Cross

Eleven - Uppercut, Cross, Uppercut

Twelve - Rear Uppercut, Lead Hook,
Right Cross

Thirteen - Uppercut flurry

Fourteen - Low Hook, High Hook,
Cross

Fifteen - Jab, Hook, Cross

Sixteen - Jab Low, Jab High, Rear
Uppercut

(A) 30 seconds -- Jog in Place

Five Burpies

Repeat (A) two more times.

Congratulations! Give yourself a
jumping-spinning High Five and
send us a post card and let us know
what you did to train and how much
fun your vacation is.

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20-minute workouts & we'll give
you 1 class credit.

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Miss Patti's Silver Dragon Work Out (Int/Adv. Teens & Adults)

May be done on a lawn, sandy beach, or wide open, carpeted area.

Warm Up

50 Jumping Jacks and 35 push ups
50 Jumping Jacks and 35 sit ups

Stretch

Sit down
Butterfly Stretch; nose to your toes
and hold position
Legs out wide
Stretch to your right foot and hold
Stretch to your left foot and hold)
Stretch to the middle -- reach far
forward
On your belly for Snake Stretch
Snakes UP
Snakes look to the RIGHT
Snakes look to the LEFT
Knees out wide for FROG stretch
SIDE SPLITS:
30 seconds -- Side Splits; 30
seconds -- Right Leg Front Splits
30 seconds -- Left leg Front Splits

Work Out Time!

Good Fighting Stance
10 Front Kicks Hold onto something
stable and do these SLOWLY: back
leg knee up, kick out, toes point up,
back and down)
10 Front Kicks Normal Speed
10 Sliding Round Kicks Hold onto
something stable and do these
SLOWLY: slide up, knee up, kick

out, back and down.

10 Sliding round Kicks Normal
Speed

Return to Fighting Stance after each
kick.

10 Back Leg Roundhouse Kick Hold
onto something stable and do these
SLOWLY: pivot the front foot, pivot,
back leg knee up, kick out-back-
and land in front

10 Back Leg Roundhouse Kicks
Normal Speed

Return to Fighting Stance after each
kick.

SIDE SPLITS:

30 seconds -- Side Splits; 30
seconds -- Right Leg Front Splits
30 seconds -- Left leg Front Splits

Congratulations! Give yourself a big
Pat-on-the-Back and send us a post
card and let us know what you did
to train and how much fun your
vacation is.

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