



DIRTY DOZEN EXERCISES

- 1. BOUNCING**
- 2. CHANGING FEET**
- 3. STRIDERS**
- 4. STAR JUMPS**
- 5. OPEN CHEST**
- 6. ARM ACROSS EACH SIDE**
- 7. ELBOW BEHIND HEAD EACH SIDE**
- 8. GRAB WRIST EACH SIDE**
- 9. HIP FLEXOR FORWARD**
- 10. LARGE CIRCLE WAIST ROTATIONS**
- 11. HIP ROTATION BOTH SIDES**
- 12. HEEL ON GROUND TO SIDE**

DASTARDLY DOZEN BASICS

- 1. LOWER BLOCK – GEDAN BARAI**
- 2. UPPER BLOCK – AGE UKE**
- 3. INNER BLOCK – SOTO UKE**
- 4. OUTER BLOCK – UCHI UKE**
- 5. FRONT LEG RAISES**
- 6. FRONT KICK – MAE GERI**
- 7. SIDE HEEL RAISES**
- 8. SIDE KICK – YOKO GERI**
- 9. SIDE KNEE RAISES KNEE**
- 10. ROUNDHOUSE KICK – MAWASHI GERI**
- 11. BASIC BACK KICK – USHIRO GERI**
- 12. REVERSE PUNCH – GYAKU ZUKI**