Training Plan

Name:

Level: Phase I

From: To:

Monday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chain-punching (200)
3	Lead-arm Defense Drill (3 sets/ 25 reps ea.)
4	Rear-arm Defense Drill (2 sets/ 25 reps ea.)
5	Siu-Nim-Tau Section 1 (1)
6	
7	
8	

Tuesday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (3)
2	Chain-punching (100)
3	Siu-Nim-Tau Section 1 (3)
4	
5	
6	
7	
8	

Wednesday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chain-punching (200)
3	Juen-bo with Punch (3 sets/ 25 reps ea.)
4	Lead-arm Defense Drill (3 sets/ 25 reps ea.)
5	Wallbag (100 punches)
6	Siu-Nim-Tau Section 1 (1)
7	
8	

Thursday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (3)
2	Chain-punching (100)
3	Hoi-ma (5 minutes)
4	Siu-Nim-Tau Section 1 (1)
5	
6	
7	
8	

Friday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chain-punching (200)
3	Lead-arm Defense Drill (2 sets/ 20 reps ea.)
4	Juen-bo with Punch (2 sets/ 20 reps ea.)
5	Lead-arm Drill on Wallbag (2 sets/ 20 reps ea)
6	Rear-arm Drill on Wallbag (2 sets/ 20 reps ea)
7	Siu-Nim-Tau Section 1 (1)
8	

Notes