Training Plan

Name:

Level: Phase II

From: To:

Monday

Priority	Forms/ Drills/ Applications
1	Chum-Kiu Section 1 (1)
2	Chain-punching (350)
3	Chuen-kiu (3 sets/ 15 reps ea.)
4	Pie-jarn (3 sets/ 15 reps ea.)
5	Juk-sun Bong-sau (2 sets/ 15 reps ea.)
6	Bong-sau to Pie-jarn (2 sets/ 20 reps ea.)
7	Siu-Nim-Tau Section 1 (1)
8	Chum-Kiu Section 1 (1)

Tuesday

Priority	Forms/ Drills/ Applications
1	Chum-Kiu Section 1 (3)
2	Chain-punching (250)
3	Til-kiu-chung-kuen to Fak-sau (2 sets/ 10 reps)
4	Fak-sau to Biu-Tze-sau (3 sets/ 10 reps ea.)
5	Siu-Nim-Tau Section 1 (1)
6	Chum-Kiu Section 1 (1)
7	
8	

Wednesday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (400)
4	Ching-sun-gerk (2 sets/ 25 reps ea.)
5	Wang-chang-gerk (2 sets/ 25 reps ea.)
6	Jeet-gerk (2 sets/ 25 reps ea.)
7	Siu-Nim-Tau Section 1 (1)
8	Chum-Kiu Section 1 (1)

Thursday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (200)
4	Chuen-kiu (3 sets/ 15 reps ea.)
5	Pie-jarn (3 sets/ 25 reps ea.)
6	Siu-Nim-Tau Section 1 (1)
7	Chum-Kiu Section 1 (1)
8	

Friday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (500)
4	Ching-sun-gerk (3 sets/ 20 reps ea.)
5	Wang-chang-gerk (3 sets/ 20 reps ea.)
6	Jeet-gerk (3 sets/ 20 reps ea.)
7	Wallbag with all movements (10 minutes)
8	Chum-Kiu Section 1 (1)

Notes