



# KASSIDO-A MARTIAL ART INDIA

## DAILY PRACTICE SCHEDULE

| DAYS      | EXERCISES                                                                                                                                                      |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY    | Warm up exercises, Kicks and punches in air, Sit ups, Push ups, Stretching, Bridge.                                                                            |
| TUESDAY   | Warm up exercises, Kicks and punches in air, Sit ups, Push ups, Stretching, Bridge.                                                                            |
| WEDNESDAY | Warm up exercises, Kicks on pad and kick bag, Locks (only for seniors), Punches on stomach by coach for strength check, Sit ups, Push ups, Stretching, Bridge. |
| THURSDAY  | Warm up exercises, Kalpyodhan, Gymnastics (Cart wheel, Summer salt, Round off, Back flip etc,) Sit ups, Push ups, Stretching, Bridge.                          |
| FRIDAY    | Warm up exercises, Kicks and punches Blocking in pair, Sit ups, Push ups, Stretching, Bridge.                                                                  |
| SATURDAY  | New creative warm up exercises, Kicks and punches in time limit (time a/c to belts), Kumite (fight) practice.                                                  |
| SUNDAY    | Rest day to relax and recover muscles and other body parts.                                                                                                    |

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