

THE TEXAS KALI CHALLENGE

TRACKING SHEET

week	daily	weekly
1	500x5days	2500
2	500x5days	2500
3	500x5days	2500
4	500x5days	2500
total		10,000

week	daily	weekly
1	300x7days	2100
2	300x7days	2100
3	400x7days	2800
4	500X6days	3000
total		10,000

strikes										
	100	100	100	100	100	100	100	100	100	100
reps by 100's										

footwork / body mechanics										
	100	100	100	100	100	100	100	100	100	100
reps by 100's										

week	strikes	total
1		
2		
3		
4		
total		

week	footwork	total
1		
2		
3		
4		
total		

What is to give light must endure the burning – hammer down hard!