

STUDENT'S NAME: \_\_\_\_\_ START DATE: \_\_\_\_\_



# **GHOULIE**

**THIS CHART RESETS EACH CYCLE. COMPLETE THESE PRACTICE & FITNESS EXERCISES OUTSIDE OF KUNG FU CLASS-TIME TO EARN STRIPES & "GHOULIE SKULLS"! WHEN YOU COMPLETE ALL THE EXERCISES IN A ROW, YOU WILL EARN LOOT! THE MORE ROWS YOU COMPLETE WITHIN THE CURRENT CYCLE, THE HIGHER THE LOOT! YOU CAN WORK ON MULTIPLE ROWS AT A TIME, BUT START FROM THE TOP-MOST BOXES FIRST. YOU NEED TO TRACK 50 "GHOULIE SKULLS" ON A GHOULIE TRACKER SHEET TO UNLOCK A SKULL-BASHER PATCH FOR YOUR UNIFORM! PLEASE USE A TIMER FOR TIMED EXERCISES.**

**PARTY BONUS:** IF YOU COMPLETE THIS SHEET, YOU GET A PARTY BONUS OF 1 "GHOULIE SKULL" PER STUDENT WHO ALSO COMPLETES THIS SHEET DURING THIS CYCLE, SO RALLY TOGETHER!!

								LOOT TIER	
SQUATS  30 20  15 10	HIGH PLANK  30 SEC 45 SEC 60 SEC	HIGH KNEES  45 SEC 60 SEC 90 SEC	SWING KICKS		ALTERNATING SLAP TOE KICKS  10 20 30	CRANE STANCE HOLD		PUSH-UPS  10 15  20 25	1 SKULL & YELLOW STRIPE AWARDED BY INSTRUCTOR:____
			RIGHT 10 10 10	LEFT 10 10 10		RIGHT 10 SEC 20 SEC 30 SEC	LEFT 10 SEC 20 SEC 30 SEC		
CHAIR SQUATS  30 20  15 10	PLANK TAPS  30 SEC 45 SEC 60 SEC	ROCKETS  45 SEC 60 SEC 90 SEC	OUTSIDE KICKS		ALTERNATING CRANE STANCE PUNCHES  10 20 30	3-POINT STANCE HOLD		SIT-UPS  10 15  20 25	2 SKULLS & ORANGE STRIPE AWARDED BY INSTRUCTOR:____
			RIGHT 10 10 10	LEFT 10 10 10		RIGHT 10 SEC 20 SEC 30 SEC	LEFT 10 SEC 20 SEC 30 SEC		
SQUAT, KNEE, KNEE  30 20  15 10	V-SIT HOLD  30 SEC 45 SEC 60 SEC	JUMPING JACKS  45 SEC 60 SEC 90 SEC	INSIDE KICKS		ALTERNATING KNIFE-HAND HEELKICKS  10 20 30	CAT STANCE HOLD		PLANK-UPS  10 15  20 25	3 SKULLS & GREEN STRIPE AWARDED BY INSTRUCTOR:____
			RIGHT 10 10 10	LEFT 10 10 10		RIGHT 10 SEC 20 SEC 30 SEC	LEFT 10 SEC 20 SEC 30 SEC		
KANGAROO SQUATS  30 20  15 10	BRIDGE PLANK  30 SEC 45 SEC 60 SEC	BUTT-KICKS  45 SEC 60 SEC 90 SEC	OUTSIDE KICKS		ALTERNATING SLAP TOE KICKS  10 20 30	DEEP BOW STANCE HOLD		SIT-UPS, PUNCH 1,2  10 15  20 25	4 SKULLS & BLUE STRIPE AWARDED BY INSTRUCTOR:____
			RIGHT 10 10 10	LEFT 10 10 10		RIGHT 10 SEC 20 SEC 30 SEC	LEFT 10 SEC 20 SEC 30 SEC		
SUMO SQUATS  30 20  15 10	LOW PLANK  30 SEC 45 SEC 60 SEC	FAST FEET  45 SEC 60 SEC 90 SEC	INSIDE KICKS		ALTERNATING CRANE STANCE PUNCHES  10 20 30	SIDE KICK HOLD		PUSH-UPS  10 15  20 25	5 SKULLS & RED STRIPE AWARDED BY INSTRUCTOR:____
			RIGHT 10 10 10	LEFT 10 10 10		RIGHT 10 SEC 20 SEC 30 SEC	LEFT 10 SEC 20 SEC 30 SEC		
PROCLAIMERS  30 20  15 10	SIDE PLANK		IN & OUT KICKS		ALTERNATING KNIFE-HAND HEELKICKS  10 20 30	HORSE STANCE HOLD		DICAPRIOS  10 15  20 25	6 SKULLS & CUSTOM STRIPE [500 POINTS] AWARDED BY INSTRUCTOR:____
	RIGHT 30 sec 45 sec 60 sec	LEFT 30 sec 45 sec 60 sec	RIGHT 10 10 10	LEFT 10 10 10		1 MINUTE 2 MINUTES 3 MINUTES			

IF YOU WANT TO RECEIVE YOUR GHOULIE SKULL PATCH, YOU NEED TO TRACK ALL OF THE GHOULIE SKULLS YOU COLLECT IN AND OUT OF CLASS ON A "GHOULIE TRACKER". ONCE YOU HAVE 50 GHOULIES TRACKED, YOU CAN HAND THE TRACKER IN FOR A SKULL PATCH! YOU CAN EARN MULTIPLE SKULL PATCHES!