

KARATE PRACTICE GUIDE: **BLUE BELT**



NAME:

Positive Self-Motivation: Winning Black Belts dwell on the rewards of success, not the penalties of failure. Winners move in the direction of their goals with purpose.

NOTES: Practice for approximately 15 - 20 minutes per day, four days a week to stay on track to Black Belt!

DAY 1:

DAY 2:

DAY 3:

DAY 4:

- Practice BLUE belt form and combos (2X)
- Previous Combos
- WHITE belt basics

- Practice BLUE belt form and combos (2X)
- Previous Forms
- HIGH ORANGE belt kicks

- Practice BLUE belt form and combos (2X)
- Previous Combos
- GOLD belt blocks & kicks

- Practice BLUE belt form and combos (2X)
- Previous Forms
- HIGH ORANGE belt blocks & counters

DAILY CONDITIONING: 50 EACH

*Push ups | Leg lifts | Jumping jacks | Alternating punches/front kicks
50-second Side Kick Hold*