

KARATE PRACTICE GUIDE: **GOLD BELT**



NAME:

Positive Self-Awareness: Winning Black Belts know who they are and where they are going. They understand themselves and their goals.

NOTES: Practice for approximately 10 minutes per day, three days a week to stay on track to Black Belt!

CONDITIONING:

STRETCHING:

ACCUITY:

CURRICULUM:

- ☐ 15 push ups
- ☐ 15 leg lifts
- ☐ 15 jumping jacks
- ☐ 15-second side kick hold
- ☐ 15 alternating punches (in horse stance)

- ☐ 15-Second Toe Touch
- ☐ 15-second elbow hang
- ☐ 15-second butterfly stretch
- ☐ 15-second splits

- ☐ Tie your own belt (3X)
- ☐ Recite your Word of the Belt (3X)
- ☐ Recite prior Words of the Belt (2X)

- ☐ OFFENSIVE BASICS (2X)
- ☐ DEFENSIVE BASICS (2X)
- ☐ Gold belt blocks (2 times)
- ☐ Gold belt kicks (2X)
- ☐ Stances (2X)

"Discipline is the habit of doing things again, and again, and again, in the right way, until you don't even have to think before doing the right thing."