

KARATE PRACTICE GUIDE: **GREEN BELT**



NAME:

Positive Self-Discipline: Winning Black Belts learn to practice, mentally rehearse, and visualize the successful outcome of activities.

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

DAY 1:

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

DAY 2:

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

DAY 3:

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

DAY 4:

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

DAILY CONDITIONING: 35 EACH

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