

# KARATE PRACTICE GUIDE: HIGH BLUE BELT



**NAME:**

---

*Positive Self-Image: Winning Black Belts have developed a self-image that sees success, growth, achievement and winning as the most likely outcomes.*

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

**DAY 1:**

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

**DAY 2:**

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

**DAY 3:**

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

**DAY 4:**

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

**DAILY CONDITIONING: 60 EACH**

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

**KICK CONDITIONING: 20 EACH**

*Machine gun round kicks | Side/hook/round count kicks  
20-second Side Kick Hold (No wall)*