

KARATE PRACTICE GUIDE: **HIGH-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 15 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)

- ☐ White belt
OFFENSIVE + DEFENSIVE BASICS (2X)
- ☐ Gold belt
blocks + kicks (2X)
- ☐ High Gold
Combos (2X)
- ☐ Chon Ji (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."