

KARATE PRACTICE GUIDE: HIGH ORANGE BELT



NAME:

Positive Self-Control: Winning Black Belts accept 100% responsibility for the outcomes of their own lives. Winners accept the praise or blame for their own performance.

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

DAY 1:

- Practice **HIGH ORANGE** belt curriculum (2X)
- Practice **WHITE** belt curriculum

DAY 2:

- Practice **HIGH ORANGE** belt curriculum (2X)
- Practice **GOLD** and **HIGH GOLD** belt curriculum

DAY 3:

- Practice **HIGH ORANGE** belt curriculum (2X)
- Practice **ORANGE** belt curriculum

DAILY CONDITIONING: 25 EACH

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