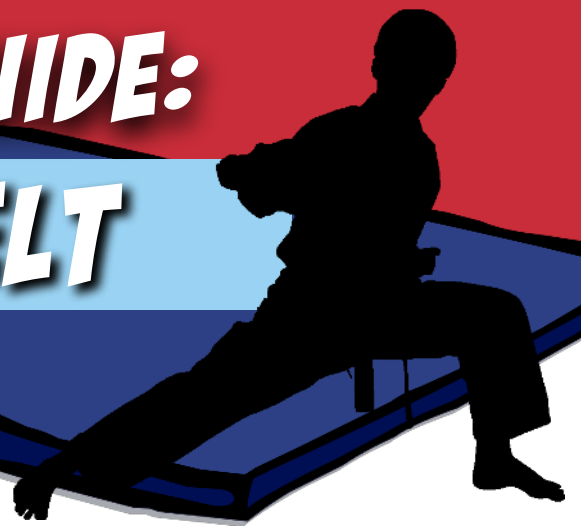


KARATE PRACTICE GUIDE:

HIGH RED BELT



NAME:

Positive Self-Projection: Winning Black Belts project their best selves every day in the way they look, talk, listen and react. Winners communicate immediate impressions of happiness and success at all times.

NOTES: Practice for approximately 25-30 minutes per day, five days a week to stay on track to Black Belt!

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

<ul style="list-style-type: none"> <input type="checkbox"/> Practice HIGH RED form (1st half) and combos (2X) <input type="checkbox"/> HIGH BLUE combos <input type="checkbox"/> WHITE belt basics <input type="checkbox"/> Joong-Gun 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice HIGH RED belt form (1st half) and combos (2X) <input type="checkbox"/> WHITE belt basics <input type="checkbox"/> Gold belt <input type="checkbox"/> BLUE belt combos <input type="checkbox"/> Yul-Gok 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice HIGH RED belt form (1st half) and combos (2X) <input type="checkbox"/> HIGH GOLD combos <input type="checkbox"/> Practice a previous RED - LB unit <input type="checkbox"/> Chon-Ji 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice HIGH RED belt form (1st half) and combos (2X) <input type="checkbox"/> ORANGE belt combos + Dan-Gun <input type="checkbox"/> PURPLE belt combos <input type="checkbox"/> Won-Hyo 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice HIGH RED form (1st half) and combos (2X) <input type="checkbox"/> HIGH ORANGE blocks, kicks, counters <input type="checkbox"/> GREEN belt combos <input type="checkbox"/> Do-San
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DAILY CONDITIONING: 80 EACH

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

KICK CONDITIONING: 40 EACH

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