

# KARATE PRACTICE GUIDE:

## LOW BROWN 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 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:**

- Practice LOW BROWN form and combos (2X)
- HIGH BLUE combos
- WHITE belt basics
- Joong-Gun, WOTB

- Practice LOW BROWN belt form and combos (2X)
- WHITE belt basics
- Gold belt
- BLUE belt combos
- Yul-Gok, WOTB

- Practice LOW BROWN belt form and combos (2X)
- HIGH GOLD combos
- Practice a previous RED belt to LB unit
- Chon-Ji, WOTB

- Practice LOW BROWN belt form and combos (2X)
- ORANGE belt combos + Dan-Gun
- PURPLE belt combos
- Won-Hyo, WOTB

- Practice LOW BROWN form and combos (2X)
- HIGH ORANGE blocks, kicks, counters
- GREEN belt combos
- Do-San, WOTB

**DAILY CONDITIONING:**

*Pick Two from Below: 45 Reps Pre-Practice, 45 after  
Push ups | Leg lifts | Jumping jacks | Alternating punches/front kicks  
90-second Side Kick Hold*

**KICK CONDITIONING: 50 EACH**

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