

KARATE PRACTICE GUIDE: **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:

DAY 2:

DAY 3:

- ☐ Practice *ORANGE belt form and combos (3X)*
- ☐ Practice *WHITE belt curriculum*

- ☐ Practice *ORANGE belt form and combos (3X)*
- ☐ Practice *GOLD belt curriculum*

- ☐ Practice *ORANGE belt form and combos (3X)*
- ☐ Practice *HIGH GOLD belt curriculum*

DAILY CONDITIONING: 25 EACH

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

DAILY ACCUITY:

*Tie own belt (3X)
Recite Orange Word of the Belt (3X)
Recite previous Words of the Belt (2X)*