

# KARATE PRACTICE GUIDE: PURPLE BELT



**NAME:**

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*Positive Self-Expectancy: Winning Black Belts learn to have an overall feeling of optimism and enthusiasm. Winners expect the best in order to achieve their best.*

*NOTES: Practice for approximately 15 - 20 minutes per day, four days a week to stay on track to Black Belt!*

**DAY 1:**

**DAY 2:**

**DAY 3:**

**DAY 4:**

- Practice PURPLE belt form and combos (2X)
- Previous Combos
- WHITE belt basics

- Practice PURPLE belt form and combos (2X)
- Previous Forms
- HIGH ORANGE belt kicks

- Practice PURPLE belt form and combos (2X)
- Previous Combos
- GOLD belt blocks & kicks

- Practice PURPLE belt form and combos (2X)
- Previous Forms
- HIGH ORANGE belt blocks & counters

**DAILY CONDITIONING: 40 EACH**

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