

# KARATE PRACTICE GUIDE: **RED BELT**



**NAME:**

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*Positive Self-Direction: Winning Black Belts have clearly defined goals and purpose that are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!*

*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"> <li><input type="checkbox"/> Practice current form and combos (2X)</li> <li><input type="checkbox"/> HIGH BLUE combos</li> <li><input type="checkbox"/> WHITE belt basics</li> <li><input type="checkbox"/> Joong-Gun</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice current form and combos (2X)</li> <li><input type="checkbox"/> WHITE belt basics</li> <li><input type="checkbox"/> Gold belt</li> <li><input type="checkbox"/> BLUE belt combos</li> <li><input type="checkbox"/> Yul-Gok</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice current form and combos (2X)</li> <li><input type="checkbox"/> HIGH GOLD combos</li> <li><input type="checkbox"/> WOTB practice</li> <li><input type="checkbox"/> Chon-Ji</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice current form and combos (2X)</li> <li><input type="checkbox"/> ORANGE belt combos + Dan-Gun</li> <li><input type="checkbox"/> PURPLE belt combos</li> <li><input type="checkbox"/> Won-Hyo</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice current form and combos (2X)</li> <li><input type="checkbox"/> HIGH ORANGE blocks, kicks, counters</li> <li><input type="checkbox"/> GREEN belt combos</li> <li><input type="checkbox"/> Do-San</li> </ul>
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**DAILY CONDITIONING:**

*Pick Two from Below: 35 Reps Pre-Practice, 35 after Push ups | Leg lifts | Jumping jacks | Alternating punches/front kicks  
70-second Side Kick Hold*

**KICK CONDITIONING: 30 EACH**

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