

KARATE PRACTICE GUIDE: WHITE BELT



NAME:

Positive Self-Esteem: Winning Black Belts have a feeling of self-worth and confidence. Winners develop a feeling of self-acceptance and respect.

NOTES: Practice for approximately 10 minutes per day, three days a week to stay on track to Black Belt!

CONDITIONING:

STRETCHING:

ACCUITY:

CURRICULUM:

<ul style="list-style-type: none"> <input type="checkbox"/> 10 push ups <input type="checkbox"/> 10 leg lifts <input type="checkbox"/> 10 jumping jacks <input type="checkbox"/> 10-second side kick hold <input type="checkbox"/> 10 alternating punches (in horse stance) 	<ul style="list-style-type: none"> <input type="checkbox"/> 10-Second Toe Touch <input type="checkbox"/> 10-second elbow hang <input type="checkbox"/> 10-second butterfly stretch 	<ul style="list-style-type: none"> <input type="checkbox"/> Tie your own belt (3X) <input type="checkbox"/> Recite your Word of the Belt (3X) 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice your DEFENSIVE BASICS <input type="checkbox"/> Practice your OFFENSIVE BASICS
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"Discipline is the habit of doing things again, and again, and again, in the right way, until you don't even have to think before doing the right thing."