

How to get SCARY good at karate...



PRACTICE!



Practice is so important when it comes to karate training. It is truly the only way we improve. This month, we are focussing on practicing at home between classes. Below are sets of practice drills designed for each belt level. A student who successfully completes this assignment will earn a belt stripe! Parents/guardians should observe the student practicing these drills and sign off on them only when properly completed. To successfully complete a week, a student must practice at least 5 minutes a day, on at least 3 different days. Please only practice what has been taught in class (If a student doesn't know the kata for their level, please practice the previous one). Place a check mark in the appropriate space when that drill has been completed for the week.

<u>Drills</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
White belts				
Horse stance	_____	_____	_____	_____
High, middle, & low punches	_____	_____	_____	_____
High, middle, & low blocks	_____	_____	_____	_____
Yellow Belts				
Side fighting stance	_____	_____	_____	_____
All butterfly blocks	_____	_____	_____	_____
Sidekicks	_____	_____	_____	_____
Kata (Taikyoku)	_____	_____	_____	_____
Orange Belts				
Front fighting stance	_____	_____	_____	_____
Jab/Cross combo	_____	_____	_____	_____
Back kicks	_____	_____	_____	_____
Kata (Heian Shodan)	_____	_____	_____	_____
Green Belts				
Front and Side fighting stances	_____	_____	_____	_____
Hammerfists #1 & #2	_____	_____	_____	_____
Crescent Kicks	_____	_____	_____	_____
Kata (Heian Nidan)	_____	_____	_____	_____
Blue Belts				
Crane stance	_____	_____	_____	_____
All 3 hammer fists	_____	_____	_____	_____
Any 3 kicks	_____	_____	_____	_____
Kata (Heian Sandan)	_____	_____	_____	_____
Purple Belts				
Fighting, back, crane, & cat stances	_____	_____	_____	_____
Jab/cross combos, all hammer fists	_____	_____	_____	_____
Hook and spinning hook kicks	_____	_____	_____	_____
Kata(Heian Yondan)	_____	_____	_____	_____

Student Name _____

Parent/Guardian Signature _____