

**10<sup>th</sup> KYU (white belt) PRACTICE SCHEDULE**

	<b>KIHON (50 times/week)</b>					
1	front stance, in place, short punch, reverse punch					
2	front stance, in place, up block, reverse punch					
3	front stance, in place, outside block, reverse punch					
4	front stance, in place, down block, reverse punch					
5	front stance, step in, front snap kick					
6	attention stance, in place, side snap kick					
	<b>KATA (5 times/week)</b>					
1	taikyokyu shodan					

- Practice times/week are the minimum required. You may split them up during the week in any way you see fit. More is better.
- Practice makes permanent. Don't practice incorrectly; you will only reinforce bad habits. Refer to the demonstration videos on the dojo website.
- The new book report form has a section in which you declare that you have completed your required practice schedule. You must sign and date it.