

**1st KYU (brown belt) PRACTICE SCHEDULE**

	<b>KIHON (50 times/week)</b>					
1	front stance, step in/back, lunge punch					
2-6	front stance, step in/back, up block / outside block / down block / inside block / cutting block, reverse punch, kamae					
7	back stance, step in/back, knife hand strike					
8	front stance, step in, front snap kick, lunge punch					
9-1 1	side stance, step across, side snap kick / side thrust kick / reverse round kick,, elbow strike					
12	front stance, step in, round kick, reverse punch					
13	front stance, step in, back kick, reverse punch					
	<b>KATA (5 times/week)</b>					
1 - 5	heian shodan, nidan, sandan, yondan, godan					
6	tekki shodan					
7	empi					
8	bassai dai					
9	jion					
10	kwanku dai					

- 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.