

6TH KYU (green belt) PRACTICE SCHEDULE

KIHON (50 times/week)							
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	side stance, step across, side snap kick, elbow strike						
10	side stance, step across, side thrust kick, elbow strike						
11	front stance, step in, round kick, reverse punch						
12	front stance, step in, back kick, reverse punch						
KATA (5 times/week)							
1	heian shodan						
2	heian nidan						
3	heian sandan						
4	heian yondan						

- 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.