

**7<sup>th</sup> KYU (red belt) PRACTICE SCHEDULE**

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	<b>KIHON (50 times/week)</b>				
1	front stance, step in/back, lunge punch				
2	front stance, step in/back, up block, reverse punch, kamae				
3	front stance, step in/back, outside block, reverse punch, kamae				
4	front stance, step in/back, down block, reverse punch, kamae				
5	front stance, step in/back, inside block, reverse punch				
6	front stance, step in/back, 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				
	<b>KATA (5 times/week)</b>				
1	heian shodan				
2	heian nidan				
3	heian sandan				

- 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.