

8th KYU (yellow belt) PRACTICE SCHEDULE

	KIHON (50 times/week)					
1	front stance, step in/back, lunge punch					
2	front stance, step in/back, up block, reverse punch					
3	front stance, step in/back, outside block, reverse punch					
4	front stance, step in/back, down block, reverse punch					
5	front stance, step in/back, inside block, reverse punch					
6	back stance, step in/back, knife hand strike					
7	front stance, step in, front snap kick					
8	side stance, step across, side snap kick, elbow strike					
9	side stance, step across, side thrust kick, elbow strike					
10	front stance, step in, round kick					
	KATA (5 times/week)					
1	heian shodan					
2	heian nidan					

- 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.