

Gold Belt (Hachi-kyu) Practice Schedule



Week 1 – Skill focus – Developing Wauke Block, Crossing Block, Front Punch, and Hook Punch.

1. Review Gold Belt Lesson 1 – Hojoundo 1 - 2
2. Warm-up 10 front punches, 10 front kicks.
3. Sanchin Kata
4. Perform 20 Hojoundo 1 (Shomen Stuki – front punch) – 10 From left Sanchin Stance then 10 From right Sanchin Stance
5. Perform 20 Hojoundo 2 (Mawashi Stuki – hook punch) - 10 From left Sanchin Stance then 10 From right Sanchin Stance

Week 2 – Skill focus – Learning First Fighting Kata – Kanshiwa Pt. 1

1. Repeat Week 1 (steps 2-5) reviewing Gold Belt Lesson 1 to insure proper technique.
2. Review Gold Belt Lesson 2 – Kanshiwa Kata Pt. 1
3. Practice Kanshiwa Kata Pt. 1 (up to elbow strike), 3 times
4. Perform one additional Sanchin Kata

Week 3 – Skill focus – Learning First Fighting Kata - Kanshiwa Pt. 2

1. Repeat Week 1 (steps 2-5) reviewing Gold Belt Lesson 1 to insure proper technique.
2. Review Gold Belt Lesson 3 – Kanshiwa Kata Pt. 2
3. Practice Kanshiwa Kata Pt. 2 (up through shuto/backfist), 3 times
4. Perform one additional Sanchin Kata

Week 4 – Skill focus – Developing proficiency with Sanchin and Learning First Fighting Kata - Kanshiwa

1. Repeat Week 1 (steps 2-5) reviewing Gold Belt Lesson 1 to insure proper technique.
2. Review Gold Belt Lesson 4 – Kanshiwa Kata Pt. 3 (You will know the movements for all of Kanshiwa Kata now).
3. Practice 3 full Kanshiwa Kata each day. One of the best ways to practice once you're comfortable with Kanshiwa Kata is to practice one Sanchin, then one Kanshiwa, then repeat – so each day you would practice a total of 3 Sanchin and 3 Kanshiwa.

Be sure to review your Uechi-ryu History Pt. 2. Then when you're ready, proceed to your Gold Belt Test!