

Green Belt (Ro-kyu) Practice Schedule



Week 1 – Skill focus – Developing Advanced Striking/Blocking Techniques.

1. Review Green Belt Lessons 58-61 – Hojoundo 7-10
2. Warm-up 10 front punches, 10 front kicks.
3. 2 Sanchin Kata
4. 2 Kanshiwa Kata
5. Perform 10 each Hojoundo 1-6 – 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 20 each Hojoundo 7-10 (Lessons 58-61) - 10 From left Sanchin Stance then 10 From right Sanchin Stance

Week 2 – Skill focus – Learning Advanced Strike (elbow) & Multiple Counter Attack Sequences

1. Review Green Belt Lesson 62 – Kanshu Kata Part 1
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. 2 Sanchin Kata
4. 2 Kanshiwa Kata
5. Perform 10 each Hojoundo 1-10 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 2 each Kumite 1-3 / attack and defense
7. Perform 3 Kanshu Kata Part 1

Week 3 – Skill focus – Learning Multiple Step Defense/Attack Sequences

1. Review Green Belt Lesson 63 – Kanshu Kata Part 2
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. 2 Sanchin Kata
4. 2 Kanshiwa Kata
5. Perform 10 each Hojoundo 1-10 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 2 each Kumite 1-3 / attack and defense
7. Perform 3 Kanshu Kata Part 1-2

Week 4 – Skill focus – Developing proficiency with Sanchin, Kanshiwa, Hojoundo, and Kumite

1. Review Green Belt Lesson 64 – Kanshu Kata Part 3
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. 2 Sanchin Kata
4. 2 Kanshiwa Kata
5. Perform 10 each Hojoundo 1-10 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 2 each Kumite 1-3 / attack and defense
7. Perform 3 Kanshu Kata Complete (review skill drills)