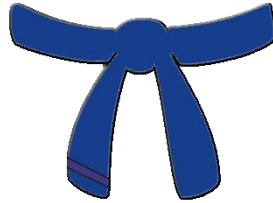


Blue Belt (Go-kyu) Practice Schedule



Week 1 – Skill focus – Developing Advanced Movement Through Angles of Attack/Defense.

1. Review Blue Belt Lessons 3-6 – Hojoundo 11-14
2. Warm-up 30 front punches (high, middle, low), 30 front kicks (front, side, round)
3. 2 Sanchin Kata (remember your skill drills and alternate your training!)
4. 2 Kanshiwa Kata (remember your skill drills and alternate your training!)
5. 2 Kanshu Kata
6. Perform 10 each Hojoundo 1- 10 From left Stance then 5 From right Stance
7. Perform 20 each Hojoundo 11-14 (Lessons 3-6) - 10 From left & 10 From right stance

Week 2 – Skill focus – Learning Intermediate Self Defense Techniques and Increasing Mobility

1. Review Blue Belt Lessons 7-8 – Kyu Kumite 1
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. Perform 10 each Hojoundo 1-14 / 5 From left stance then 5 From right stance
4. 2 Sanchin Kata
5. 2 Kanshiwa Kata
6. 2 Kanshu Kata
7. Perform 1 each Kumite 1-3 / attack and defense
8. Practice 3 each attack / defense Kyu Kumite 1

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

1. Review Blue Belt Lesson 77-78 – Kyu Kumite 2
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. Perform 10 each Hojoundo 1-14 / 5 From left stance then 5 From right stance
4. 2 Sanchin Kata
5. 2 Kanshiwa Kata
6. 2 Kanshu Kata
7. Perform 1 each attack / defense Kumite 1-3
8. Practice 3 each attack / defense Kyu Kumite 1-2

Week 4 – Skill focus – Developing proficiency in mobility, blocking and counter striking

1. Review Blue Belt Lesson 79-80 – Kyu Kumite 3
2. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
3. Perform 10 each Hojoundo 1-14 / 5 From left stance then 5 From right stance
4. 2 Sanchin Kata
5. 2 Kanshiwa Kata
6. 2 Kanshu Kata
7. Practice 3 each attack / defense Kyu Kumite 1-3