

Red Belt (Nikyu) Practice Schedule



Week 1 – Skill focus – Developing Seirui Kata which introduces Advanced Self Defense.

1. Review Red Belt Lessons 104 – Seirui Kata Part 1
2. Perform 4 each Hojoundo 1-14 / 2 From left Sanchin Stance then 2 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (can do 1 Sanchin then Kanshiwa, then 2nd Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 3 Seisan Kata (Primary kata!)
8. Practice 1 each attack / defense Kyu Kumite 1-5
9. 3 Seirui Kata Part 1

Week 2 – Skill focus – Seirui Kata and the Advanced Self Defense it teaches

1. Review Red Belt Lessons 104 and 105– Seirui Kata Part 1 and 2
2. Perform 4 each Hojoundo 1-14 / 2 From left Sanchin Stance then 2 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (can do 1 Sanchin then Kanshiwa, then 2nd Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 3 Seisan Kata (Primary kata!)
8. Practice 1 each attack / defense Kumite 1-3
9. 3 Seirui Kata Part 1-2

Week 3 – Skill focus – Developing Muscle Memory Through Kata!

1. Review Brown Belt Lesson 104-106 – Seirui Kata Part 1-3
2. Perform 4 each Hojoundo 1-14 / 2 From left Sanchin Stance then 2 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (can do 1 Sanchin then Kanshiwa, then 2nd Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 3 Seisan Kata (Primary kata!)

8. Practice 1 each attack / defense Kyu Kumite 1-5
9. 3 Seirui Kata Part 1-3

Week 4 – Skill focus – Increasing reflexive defenses through kata practice.

1. Review Brown Belt Lesson 104-107 – Seirui Kata Part 1-4
2. Perform 4 each Hojoundo 1-14 / 2 From left Sanchin Stance then 2 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (can do 1 Sanchin then Kanshiwa, then 2nd Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 3 Seisan Kata (Primary kata!)
8. Practice 1 each attack / defense Kumite 1-3
1. 3 Seirui Kata Complete