

# Black Belt (Shodan) Practice Schedule



Week 1 – Skill focus – Developing Kanchin Kata which introduces Angled Attacks and Defense.

1. Review Kanchin 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 alter your training!)
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 1 Seisan Kata
8. 1 Seirui Kata
9. Practice 1 each attack / defense Kyu Kumite 1-5
10. 3 Kanshin Kata Part 1

Week 2 – Skill focus – Fine Tuning Kata for skill and reflex memory

1. Review Kanshu Kata Lessons 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 2<sup>nd</sup> Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata
6. 1 Seichin Kata
7. 1 Seisan Kata
8. 1 Seirui Kata
9. Practice 1 each attack / defense Kumite 1-3
10. 3 Kanshin Kata (Through Part 2)

Week 3 – Skill focus – Developing a Martial Arts Mindset

1. Review Kanshu Kata Lessons 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 2<sup>nd</sup> Sanchin then Kanshu, etc.)
5. 1 Kanshu Kata

6. 1 Seichin Kata
7. 1 Seisan Kata
8. Practice 1 each attack / defense Kyu Kumite 1-5
9. 3 Kanchin Kata (Through Part 3)

Week 4 – Skill focus – Putting it all together...

1. Review Kanshu Kata Lessons 1-4
2. 3 Sanchin Kata
3. 3 Seisan Kata
4. 3 Kanchin Kata Complete
5. Review Black Belt Test Requirements
6. Take Shodan (Black Belt) Test