

## Martial Arts America

### Home Practice Training Record – Beginner – Yellow, Orange and Green Belts

Name \_\_\_\_\_

**Earn a red stripe** on your karate belt by completing 3 practices at home.

Parents: please mark the date of the practice and your initials in the box. Your child should bring the sheet into class after 3 practice sessions have been completed so they can earn a red stripe on their belt. 7 red stripes earns a special patch at the next belt graduation

	Date and initials	Date and initials	Date and initials
1 <sup>st</sup> red stripe			
2 <sup>nd</sup> red stripe			
3 <sup>rd</sup> red stripe			
4 <sup>th</sup> red stripe			
5 <sup>th</sup> red stripe			
6 <sup>th</sup> red stripe			
7 <sup>th</sup> red stripe			

The **Beginner Level** brings a student through **Yellow, Orange and Green belt** and takes approximately one year of consistent training and practice

**Yellow Belt Katas**

Kihon Kata #3 - 0 & 1<sup>st</sup> stripe  
Kihon Kata #4 - 2<sup>nd</sup> & 3<sup>rd</sup> stripe

**Orange Belt Katas**

Kihon Kata #5  
& All Previous Katas

**Green Belt Kata**

Naihanchi & All Previous Katas

**Japanese Words**

Kihon – Basics	Uke - block
Kime – Focus	Tsuki - strike
Dachi – Stance	Geri - Kick

**Nunchaku Skills**

Side Spins	Figure Eights
Snap strike	Shoulder catch
Behind back	Head block
Side blocks	Shoulder block
Change grip	Around neck
Reverse Fig. 8	Helicopter spin
Nunchaku set #1 & #2	



**Kicking/Sparring Skills**

Step up Kicks  
Instant Kicks  
Back leg kicks  
Roundhouse kick  
Side kick  
Front kick  
Reverse Punch  
Backfist  
Front Punch  
Scoop block

**Sparring Gear required**

Helmet with  
Faceshield,  
Gloves, boots, ribguard,  
mouthguard,  
cup/support for males



**3 P's of BullyProof Tactics**

<u><b>Prevent</b></u> Avoid, Confidence	<u><b>Prepare</b></u> Distance, guard	<u><b>Protect</b></u> Block, control
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**Want to achieve your Black Belt?**

Masters Club is the way!  
Ask your Sensei for more information

**BLUE STRIPE (Extra Credit Stripe) INFORMATION**

**Help around the house** – Ask your child to do one simple chore, such as pick up their room, put away toys, put clothes in hamper, help with dishes, set table, help shovel snow or help around the yard, put out the garbage, etc. **Write on the back of this form** what your child did, and the date.

**Special Recognition** – bring in an item you made from school, home or daycare, good grades or “star” on test, special project, a special drawing or other recognition for a good performance.