

Martial Arts America - Home Practice Training Record

Advanced – Adv. Purple, Brown, Advanced Brown Belts and Black Belt Candidates

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 st red stripe			
2 nd red stripe			
3 rd red stripe			
4 th red stripe			
5 th red stripe			
6 th red stripe			
7 th red stripe			

<p>The Advanced Level brings a student through Advanced Purple, Brown, Advanced Brown Belts and Black Belt Candidate level and takes approximately one year of consistent training and practice</p>	<p>Sai Strikes, Blocks & Combos</p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><u>Strikes</u></td> <td style="width: 50%;"><u>Blocks</u></td> </tr> <tr> <td>Punch</td> <td>Head block</td> </tr> <tr> <td>Stab</td> <td>Side block</td> </tr> <tr> <td>Open Hit</td> <td>Hook block</td> </tr> <tr> <td></td> <td>Open blocks</td> </tr> </table> <p><u>Combinations</u></p> <p>Head block and punch Side block and punch Hook block and punch Open block and stab</p>	<u>Strikes</u>	<u>Blocks</u>	Punch	Head block	Stab	Side block	Open Hit	Hook block		Open blocks	<p>Kicking Skills</p> <p>Jump kicks</p> <ul style="list-style-type: none"> - Double front - Front/round - Flying side <p>Chinese crescent</p> <p>Work on all kicks for:</p> <ul style="list-style-type: none"> • Form • Speed • Power
<u>Strikes</u>	<u>Blocks</u>											
Punch	Head block											
Stab	Side block											
Open Hit	Hook block											
	Open blocks											
<p>Advanced Purple Belt Kata Kusanku Kata – 1st half</p> <p>Brown Belt Kata Kusanku Kata – 2nd half</p> <p>Advanced Brown Belt Seiunchin Kata</p> <p>Black Belt Candidate All Previous Katas</p>	<p>Sparring Skills</p> <p>Fakes Foot sweeps Blind spots Jamming</p>	<p><u>Prepare for Black Belt by</u></p> <p>Increasing practice time Attending additional classes Taking private lessons Observing higher belt students Assisting teaching others</p>										
<p>Japanese words</p> <p>Chudan zuki – middle punch Jodan oitzuki – uppercut Nukite – spearhand Teisho – palm heel</p>	<p>Martial Arts Saying</p> <p>“When one eye is fixed on the goal, there is only one eye left to see the path.”</p>	<p>Want to achieve your Black Belt?</p> <p>Masters Club is the way! Ask your Sensei for more information</p>										

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.