



## 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																	
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5 <sup>th</sup> red stripe																	
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7 <sup>th</sup> red stripe																	
<p>The <b>Beginner Level</b> brings a student through <b>Yellow, Orange and Green belt</b> and takes approximately one year of consistent training and practice</p> <p><b>Yellow Belt Katas</b> Kihon Kata #3 - 0 &amp; 1<sup>st</sup> stripe Kihon Kata #4 - 2<sup>nd</sup> &amp; 3<sup>rd</sup> stripe</p> <p><b>Orange Belt Katas</b> Kihon Kata #5 &amp; All Previous Katas</p> <p><b>Green Belt Kata</b> Naihanchi &amp; All Previous Katas</p>	<p><b>Nunchaku Skills</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Side Spins</td> <td style="width: 50%;">Figure Eights</td> </tr> <tr> <td>Snap strike</td> <td>Shoulder catch</td> </tr> <tr> <td>Behind back</td> <td>Head block</td> </tr> <tr> <td>Side blocks</td> <td>Shoulder block</td> </tr> <tr> <td>Change grip</td> <td>Around neck</td> </tr> <tr> <td>Reverse Fig. 8</td> <td>Helicopter spin</td> </tr> <tr> <td colspan="2" style="text-align: center;">Nunchaku set #1 &amp; #2</td> </tr> </table> <div style="text-align: center;">  </div>		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		<p><b>Kicking/Sparring Skills</b></p> <ul style="list-style-type: none"> <li>Step up Kicks</li> <li>Instant Kicks</li> <li>Back leg kicks</li> <li>Roundhouse kick</li> <li>Side kick</li> <li>Front kick</li> <li>Reverse Punch</li> <li>Backfist</li> <li>Front Punch</li> <li>Scoop block</li> </ul>
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<p><b>Japanese Words</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Kihon – Basics</td> <td style="width: 50%;">Uke - block</td> </tr> <tr> <td>Kime – Focus</td> <td>Tsuki - strike</td> </tr> <tr> <td>Dachi – Stance</td> <td>Geri - Kick</td> </tr> </table>	Kihon – Basics	Uke - block	Kime – Focus	Tsuki - strike	Dachi – Stance	Geri - Kick	<p><b>Sparring Gear required</b> Helmet with Faceshield, Gloves, boots, ribguard, mouthguard, cup/support for males</p> <div style="text-align: center;">  </div>										
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<p><b>3 P's of BullyProof Tactics</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"><u><b>Prevent</b></u></td> <td style="width: 33%;"><u><b>Prepare</b></u></td> <td style="width: 33%;"><u><b>Protect</b></u></td> </tr> <tr> <td>Avoid, Confidence</td> <td>Distance, guard</td> <td>Block, control</td> </tr> </table>			<u><b>Prevent</b></u>	<u><b>Prepare</b></u>	<u><b>Protect</b></u>	Avoid, Confidence	Distance, guard	Block, control	<p><b>Want to achieve your Black Belt?</b> Masters Club is the way! Ask your Sensei for more information</p>								
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#### 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.