

## Martial Arts America Home Practice Training Record – White Belt

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

**Practicing at home-** practice the basic techniques; punches, palm heels, uppercuts, front kicks, knee kicks, head/side/down blocks. 5 – 10 minutes of practice is acceptable. Don't force it.

**Kata-**(a series of moves put together to form a routine/pattern). Your child should practice the katas he/she has learned in class. (the kata they are learning are listed below)

	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			

<b>Horse stance kata #1:</b> Left punch, right punch, left uppercut, right uppercut, left palm heel, right palm heel.	<b>Kihon Kata #1</b> Bow, ready stance, Step left, left side block, right punch. Step right, left punch Step left, right punch Step back, down block and punch 3 times Attention, bow	<b>Kihon Kata #2</b> Same as #1 but with Open head block and 3 uppercuts going forward and open hand side block and palm strike going back 3 times
<b>Japanese Words</b> Sensei – teacher Dojo – Karate school Gi – Karate uniform Obi – Karate belt	<b>Counting in Japanese</b> 1. Ichi    6. Roku 2. Ni      7. Shichi 3. San    8. Hachi 4. Shi     9. Ku 5. Go     10. Ju	<b>Kicking Kata</b> Bow, ready stance, Right Front kick, Left Front kick Right Side kick, Left Side kick Right Back kick, Left Back kick Jump Kick, Punch, attention, bow
<b>Star blocking kata</b> “UP, CROSS, OUT, TOUCH, DOWN, BACK, PUSHDOWN” Do it with right hand, then left hand, then both hands	<b>3 Rules for not fighting</b> WALK                      TALK                      TELL (walk away/ignore)    (talk to them)        (tell an adult)	<b>3 Keys of Concentration</b> FOCUS YOUR MIND (finger points to head) FOCUS YOUR EYES (finger points to eyes) FOCUS YOUR BODY (body snaps to attention)

### 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.

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