



Black Belt EXCELLENCE

Practice

PERFECT practice makes perfect.

You have heard the phrase “practice makes perfect”, but that is not true – **how** you practice is very important. How do we practice “perfectly”? We need to approach our training with the **intention to make our moves better**. This applies to single strikes and stances, to whole techniques and forms, and to our character training.

1. Practice to memorize – able to perform completely on your own. This is why we teach movements in sections, so you can memorize each section before learning the next one.
2. Practice to sharpen – as technically accurate as possible. Pay attention to hand and foot positions on strikes, the level of those strikes, the stances you are holding, the direction you are facing, and what you are representing with your move.
3. Practice to strengthen – power in your strikes and balance in your stances. Start with lowering your stances, power in your strikes comes from your strong base. Use the correct muscles for your strikes, your abdominal muscles add a great deal of power in most strikes.
4. Practice for speed – the correct rhythm and timing. Take each part of your move and work on making it fast and sturdy, for example the crane stance of your kick, then the kick itself. In forms, work on each attack individually to increase speed and correct timing for the technique.
5. Practice for reaction time – starting it immediately when it is called out and when a partner comes in. Our goal is to make the move a natural reaction when an attack – punch, kick, grab, push – comes, either in class or out.

Choose from the attached practice charts the one for your rank - complete for one week to earn your excellence stripe. We recommend that you use all the charts that apply - for example: an advanced student will have all the material from white, beginner, and intermediate as well. There are practice tips for each one. THESE SHEETS ARE AN EXCELLENT ADDITION TO YOUR NOTEBOOK AS A TRAINING TOOL - USE THEM!

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

Student Name: _____

Student Rank: _____

Date: _____

Parent Signature: _____

DUE BEFORE: November 15TH

5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

White Belt Practice Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HANDSTRIKES:							
front punch							
back punch							
thrust punch							
palm heel							
hammer fist							
knife hand							
KICKS:							
front ball							
back							
side thrust							
front instep							
side blade							
knee							
COMBINATIONS:							
#6							
#7							
GRAB ESCAPES:							
double wrist							
double lapel							
opposite wrist							
8 POINT BLOCKS							
HORSE STANCE							
CRANE STANCE							
HALFMOON STANCE							
HALFMOONING							

1. Perform punches, kicks, and blocks from all of your stances, stationary and moving.
2. Practice each stance as low as you can comfortably. Continually lower them as you get used to them.
3. Perform all punches and kicks for power as well as quickness.
4. Always strive to improve your focus.
5. Have a friend or family member call out the block numbers to make your reaction time quicker.
6. Begin in your horse stance - see how many kicks you can do, try the same kick and different kicks.

Yellow and Orange Belt Practice Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HANDSTRIKES:							
rising chicken wrist							
crossing chicken wrist							
inward chicken wrist							
tiger claw							
tiger's mouth							
spear hand							
reverse hammerfist							
reverse knifehand							
5 elbows							
ridge hand							
driving ridgehand							
crossing knifehand							
KICKS:							
crescent							
reverse crescent							
stepping stool							
double jump							
front heel							
roundhouse							
COMBINATIONS:							
Yellow #3							
Orange #5							
#2							
YELLOW - 1 PINION							
ORANGE - 2 PINION							
OVERHEAD CLUB #1							
SIDE CLUB #1							
GRAB ESCAPES:							
front choke							
back choke							
arm locks							
side headlock							
8 POINT BLOCKS w/ NATURAL STRIKES							
PALM BLOCK							
SIDE HORSE STANCE							
CAT STANCE							
SHUFFLING							
HOPPING							
CROSSING							

1. Perform 1 and 2 Pinion with the hands only, from a horse stance, and with the feet only, with the hands chambered.
2. Practice hand strike sets in groups of four or five. Experiment with different target areas.
3. Practice combinations of kicks, using different levels for each kick.
4. Practice Combinations slow, sharp, and step by step.
5. Work on holding low stances for 2 solid minutes.
6. Continue to practice leaving your hand out until the other hand is striking. Keep this in mind when practicing 1 Pinion.
7. Watch yourself in the mirror as you half moon forward and backward to be sure your head stays level, and your hips and shoulders are not turning.
8. Practice the cat stance in different directions, watching yourself in the mirror from the front and side.

Intermediate Belt Practice Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HANDSTRIKES:							
tiger rake, inverted							
leopard's paw, inverted							
back fist, back hand							
crossing hammerfist							
twin dragon							
driving knifehand							
rising & butting elbow							
rising & dropping palm							
inverted ridge hand							
crane's beak							
ram's head							
crane's wing, in/out/down							
dragon's head							
u-punch							
immortal man							
KICKS:							
sweep							
rising heel, close							
spinning back							
hook							
spinning hook							
chinese heel							
scissors							
spinning crescent							
spinning rev. crescent							
TECHNIQUES:							
Purple #4 , #18							
tiger 1							
overhead 2 , side 2							
Blue #8, #9							
crane 1							
overhead 3, side 3							
Blue/ #3 end, #12							
Green leopard 1							
overhead 4, side 4							
FORMS:							
1 Kata							
2 Kata							
3 Pinion							
GRAB ESCAPES:							
single lapel, single wrist							
bearhug pinned							
bearhug unpinned							
full nelson							
KNIFE HAND BLOCK							
TURNING IN FRONT/BACK							
PIVOT TO THE REAR							

1. Practice the blocks only of club techniques. Watch where the club is when you block the arm to make sure you keep control of it.
2. Practice 8 Point Blocks from a cat stance, stepping out to a half moon stance with the natural strike, and adding a strike with the opposite hand.
3. Experiment with free sparring (shadow boxing). This is an excellent way to not only blend kicks and punches, but to also develop great rhythm in movement.
4. Try out different hand strikes as you turn in front and in back to see which ones fit the movement you are performing.
5. Practice bobbing and weaving with a partner, making sure to keep your guard in place, and bend the knees, not the back. This is an awesome way to strengthen your legs, as well as improve your reflexes.
6. Practice turning with your cat stance (pivoting to the rear).
7. After you feel comfortable with your forms, practice facing other walls. Your starting wall will be 12:00.
8. Begin to practice your numbered combinations against left punches. Remember, you will simply do everything with the opposite side. Hint: Think of how the technique is supposed to work, whether you move to the inside or outside, do you strike off of the front or the back, etc.
9. Work on holding low stances for 4 solid minutes.
10. From a balanced position, execute a hook kick, then execute as many roundhouse kicks as you can without stepping down. Practice this with both legs.

Advanced Belt Practice Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HANDSTRIKES:							
crane's head bear's paw							
trigger finger, crossing							
hook roundhouse							
rican poison thumbs							
rising front eagle's beak							
close punch crab's pinch							
upper cut snake's tooth							
cobra eagle's talon							
KICKS:							
ax wing							
dragon tail whip							
flying side thrust							
flying front ball							
wheel							
jumping front ball							
flying spinning back							
scoop smash							
jumping side thrust							
jumping spinning back							
hopping spinning crescent							
TECHNIQUES:							
Green #14, #15, #16							
dragon 1							
advance side 1							
Green/ #10, #17							
Brown snake 1							
advance overhead 2							
Brown #1, #20							
tiger 2							
overhead 5							
Brown/ #13, #26							
Red crane 2							
side 5							
*Adults: knife 1, 2, 3							
FORMS:							
4 Pinion							
5 Pinion							
Stature of the Crane							
3 Kata							
4 Kata							
Finish 3 Pinion							
GRAB ESCAPES:							
forearm choke							
front headlock							
front hair							
back hair							
10 POINT BLOCKS							
DRAG-IN BLOCK							
WINDMILL BLOCK							

1. Experiment with hand strikes. Use five different strikes, then use different areas for each strike.
2. Time yourself performing 3 Pinion three times, then get an average of how long it takes you to perform it.
3. Practice holding the crane stance in Stature of the Crane for five seconds after performing the hops at 2:00. Advance this by adding a floating motion to the hops.
4. See how many weapons you can think of that could be used as a club.
5. Pick any numbered combination and perform it ten times, alternating between left and right each time.
6. Practice the pivots in 4 Pinion up and down the room.
7. Add the circular blocks to pivots.
8. How smooth can you make 5 Pinion and still keep it sharp?
9. Figure out how far apart the start and end points are for 3 Kata.
10. How many blocks are in the Plumtree Blocking System? What are the two hidden blocks?
11. Execute a hand strike ten times as fast as you can.
12. When practicing Kempo Punch Techniques, actually visualize the animal you are representing.
13. Have a partner punch in so you can perform the first step of combination #20. See how good your timing is against the punch.
14. Using a small target, snap out a number of snake kicks and see how many hit your target exactly in the same spot.
15. When doing the ninja takedown, make sure you bring your knee up to solar plex level before driving it back down.
16. Sharpen your reaction time. See how quick you can start a technique or form after you hear it.

Red Belt Practice Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HANDSTRIKES:							
1 finger poke							
spike finger							
finger flick							
piano fingers							
KICKS:							
snake							
jump/spin crescent							
jump/spin reverse							
COMBINATIONS:							
#11							
#19							
KEMPOS							
leopard 2							
dragon 2							
snake 2							
FORMS:							
5 Kata							
Northern Side							
PLUMTREE BLOCKS							

Your main goal at red belt is to understand and perform ALL of your moves to the best of your ability. Keep in mind that you are now training for your Black Belt - Expert Level - and practice accordingly. Here are a few ideas to help build endurance and make your movements stronger and sharper.

- 1 Break down your forms into individual attacks - determine what the attack is and picture that as you do your technique.
- 2 Take the most challenging pieces of each form (ex. the blocks and pivots in 4 Pinion) and spend time working on making them smoother/stronger.
- 3 Time yourself as you do ALL of your forms, one after the other, without stopping. (remember to do the appropriate timing on the press) Take note of the ones you had any difficulty with and go back over them.
- 4 Do all of your techniques both right and left handed, 5-10 times each.
- 5 Time yourself as you do all of your techniques, one right after the other, without stopping. Take note of any you had any difficulty with and go back over them.
- 6 Have someone call out your combinations and kempos to quicken your reaction time.
- 7 As you practice your kicks focus on: your beginning stance, the crane, how you pivot, holding your guard in position, the snap, your foot position, the speed, and the strength.
- 8 As you practice your handstrikes focus on: your stance, chamber between them, your hand position at the start and end of the strike, the arm movement, the speed, the strength.
- 9 With all of your moves think about: timing, rhythm, speed, strength, and balance.
- 10 You should make it your goal to practice every thing you have at least once a week to really keep the memorization and sharpness where they need to be.