



Practice Sheet

NAME _____

White Belt

Mon Tue Wed Th Fr Sat Sun

Daily Exercise								
25 Jumping Jacks								
15 Push Ups/15 Sit Ups								
Stand Stretch-Feet Wide Apart 10 Count								
Feet Together - Toe Touches 10 Count								
Butterfly Stretch - 10 Count								
Straddle Stretch 10 Count-Center/Left/Right								

Karate Skills

8-Blocks 10 each day								
Jab (Front Punch) 10 each day								
Cross (Back Punch) 10 each day								
Front Kick 10 each day								
Side Kick 10 each day								

Balance: 3 Count Front Kick 10/day each leg								
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