



Home Practice Sheet

Ages 11 and younger

Beginner level– White, yellow, and orange belts

Basics and Combinations (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Front Punch		Horse	10	
Palm Strike		Horse	10	Do all of this material SLOWLY. Do not rush! Faster does NOT equal better. Focus on proper technique. This is the fastest, best method for developing skill.
Front Kick		Horse	10	
Side Blade Kick		Horse	10	
Combinations				Do the techniques you have learned, and add the techniques as you learn them.
# 6	White	Horse	3	
# 7	White	Horse	3	
#3	Yellow	Horse	3	
#5	Orange	Horse	3	
#2	Orange	Horse	3	(Students below age 7 may or may not learn combination # 2)





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Basics and Self-Defense (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Thrust Punch		Horse	10	Do all of this material SLOWLY. Do not rush! Faster does NOT equal better. Focus on proper technique. This is the fastest, best method for developing skill.
Back Punch		Horse	10	
Instep Kick		Horse	10	
Back Kick		Horse	10	Do the techniques you have learned, and add the techniques as you learn them.
8-point blocking	White		1	
8-point blocks w/counterstrikes	Orange		1	
Shoulder roll	Yellow or Orange		3	
Slap out	Orange		3	
Wrist Grab Escape	Beginner		3	
Front Grab Escape	Beginner		3	Students age 8 and up
Rear grab escape	Beginner		3	Students age 8 and up





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Basics and Footwork/Forms (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Hammer strike		Horse	10	Do all of this material SLOWLY. Do not rush! Faster does
Rising Cranes Head		Horse	10	NOT equal better. Focus on proper technique. This is the fastest, best method for developing skill.
Crescent Kick		Horse	10	
Reverse Crescent		Horse	10	Do the techniques you have learned, and add the techniques as you learn them.
Half-Mooning	White or Yellow		10 Steps	
Shuffle Step	Orange		5	Step with your feet, DO NOT HOP!!!!!! Slow down! Do 5 steps on both sides.
Small turn	Beginner		3	The turns are taught when any given student is ready to learn. They are difficult for young students, who may need
Middle turn	Beginner		3	more time before they learn them. Once a student learns # one pinion, they can stop practicing the individual turns.
Big turn	Beginner		3	
# 1 Pinion	Yellow or Orange		2	Students age 8 and up when they are ready.

