



Home Practice Sheet

Ages 11 and younger

Advanced level– Green and Brown Belts

Basics and Combinations (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Prior Strikes				
Knife Hand strikes			10	Do the techniques you have learned, and add the techniques as you learn them.
Prior kicks				
Hook kick			5 each leg	
Combinations				
# 6	White		1	
# 7	White		1	
#3	Yellow		1	
#5	Orange		1	
#2	Orange		1	
4	Purple		1	
8	Blue		1	
8	Blue		1	
12	Blue w/stripe		1	
18	Advanced		3	
14	Advanced		3	
15	Advanced		3	
10	Advanced		3	
1	Advanced		3	
20	Advanced		3	





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Ages 11 and younger

Advanced level– Green and Brown Belts

Basics and Self-Defense (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Prior strikes				
Ridge hand strikes			10	Do the techniques you have learned, and add the techniques as you learn them.
Immortal man			10	
Prior kicks				
Spinning kicks			5 each leg	
10-point blocking	Green		3	
8-point blocks			1	
Shoulder roll	Yellow or Orange		1	
Slap out	Orange		1	
Wrist Grab escape	Beginner		1	
Front Grab escape	Beginner		1	Students ages 8+
Rear Grab escape	Beginner		1	Students ages 8+
Full Nelson escape	Advanced		3	
Side slap out	Intermediate		1 each side	
Front grab escape	Intermediate		1	
Rear grab escape	Intermediate		1	
Bear hug defense	Intermediate		1	
Headlock escape	Advanced		3	
Arm Behind Back	Advanced		3	Students ages 8+
Tiger technique	Intermediate		1	Students ages 8+
Crane technique	Intermediate		1	Students ages 8+
Dragon technique	Intermediate		1	Students ages 8+
Leopard technique	Advanced		3	Students ages 8+
Snake technique	Advanced		3	Students ages 8+





Home Practice Sheet

Ages 11 and younger

Advanced level– Green and Brown Belts

Basics and Footwork/Forms (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Prior strikes				
Trigger Finger			10	
Snake strikes			10	Do the techniques you have learned, and add the techniques as you learn them.
Prior Kicks				
Cross Over Side Thrust			5 each leg	
Shuffle Step	Orange		6	Step with your feet, DO NOT HOP!!!!!! Slow down!
Pivot step	Intermediate		6	Do 5 steps on both sides.
Cross over step	Intermediate		6	
Slide Step	Advanced		10	
Forms				
# 1 Pinion	Yellow or Orange		1	Students age 8 and up when they are ready.
#2 Pinion	Intermediate		1	Students age 8 and up when they are ready.
# 1 Kata	Intermediate		1	Students age 8 and up when they are ready.
# 2 Kate	Advanced		3	Students age 8 and up when they are ready.
Statue of the Crane	Advanced		3	Students age 8 and up when they are ready.
# 3 Pinion	Advanced		3	Students age 8 and up when they are ready.

