



Home Practice Sheet

Junior Back Belt

Basics and Combinations (Required material)

| Material | Belt Rank | Stance | Repetitions | Notes |
|---------------------|----------------|--------|-------------|-------------------------------------------------------------------------------|
| All prior Strikes | | | | |
| All prior kicks | | | | Do the techniques you have learned, and add the techniques as you learn them. |
| 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 | | 1 | |
| 14 | Advanced | | 1 | |
| 15 | Advanced | | 1 | |
| 10 | Advanced | | 1 | |
| 1 | Advanced | | 1 | |
| 20 | Advanced | | 1 | |
| 11, 13, 16, 17 | Jr. Black Belt | | 3 | Some of these techniques will be learned at 1st Degree |
| 19, 21, 22, 23 | Jr. Black Belt | | 3 | Junior Black, some at 2nd Degree Jr. Black |
| 24, 25, 26, 27 | Jr. Black Belt | | 3 | |
| 28, 29, 30 | Jr. Black Belt | | 3 | |





Home Practice Sheet

Junior Back Belt

Basics and Self-Defense (Required material)

| Material | Belt Rank | Stance | Repetitions | Notes |
|--------------------------------|------------------|--------|-------------|------------------------------------------------------------------------------------------------------------|
| Put strikes and kicks together | | | | At this level we will teach multiple techniques for these categories. Practice each new technique 3 times. |
| Plum Tree Blocking | Jr. Black Belt | | 3 | |
| 10-point blocking | Green | | 1 | |
| 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 | | 1 | |
| 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 | | 1 | |
| Arm Behind Back | Advanced | | 1 | 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 | | 1 | Students ages 8+ |
| Snake technique | Advanced | | 1 | Students ages 8+ |





Home Practice Sheet

Junior Back Belt

Basics and Footwork/Forms (Required material)

| Material | Belt Rank | Stance | Repetitions | Notes |
|--------------------------------------|------------------|--------|-------------|-------------------------------------------------------------------------------|
| Prior strikes | | | | |
| Put combinations of strikes together | | | | Do the techniques you have learned, and add the techniques as you learn them. |
| Prior Kicks | | | | |
| Smash kick | | | 5 each leg | |
| Wheel Kick | | | 5 each leg | |
| Shuffle Step | Orange | | 6 | |
| Pivot step | Intermediate | | 6 | |
| Cross over step | Intermediate | | 6 | |
| Slide Step | Advanced | | 10 | |
| # 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 | | 1 | Students age 8 and up when they are ready. |
| Statue of the Crane | Advanced | | 1 | Students age 8 and up when they are ready. |
| # 3 Pinion | Advanced | | 1 | Students age 8 and up when they are ready. |
| # 4 Pinion | Jr. Black Belt | | 3 | When they are ready. |
| # 5 Pinion | Jr. Black Belt | | 3 | When they are ready. |
| # 3 Kata | Jr. Black Belt | | 3 | When they are ready. |
| # 4 Kata | Jr. Black Belt | | 3 | When they are ready. |
| # 5 Kata | Jr. Black Belt | | 3 | When they are ready. |
| # 6 Kata | Jr. Black Belt | | 3 | When they are ready. |
| Han Suki | Jr. Black Belt | | 3 | When they are ready. |

