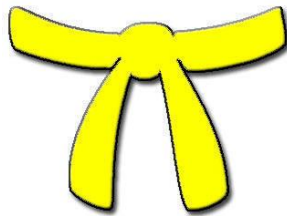


# Kyu-kyu (Yellow Belt) Practice Schedule



Week 1 – Skill focus – Developing proper front punch and front kick (These were learned in your “Introductory Program” – Please go back and review those lessons if you did not take the Free Introductory Course.

1. Review Introductory Lesson 1 and 2 for proper front punch and front kick technique
2. Practice 5-7 minutes each day performing 3 sets each of stationary front punches and front kicks.

Week 2 – Skill focus – Developing proper Sanchin stance, stepping and turning

1. Review Kyu-kyu Lesson 1 for proper Sanchin stance, stepping and turning
2. Warm-up: 10 stationary front punches and front kicks.
3. Practice 2-3 minutes each day performing the opening stance of Sanchin, paying close attention to proper foot alignment.
4. Practice 2-3 minutes each day performing just forward Sanchin stepping, paying close attention to proper foot movement.
5. Practice 2-3 minutes each day performing Sanchin turns, closely watching the way in which you pivot, the foot you’re turning towards and the alignment of your feet after the turn.
6. Practice 4-5 minutes putting your Sanchin stance together – opening, stepping and turning. Perform 3 sets of: Opening-Take Four Steps-Turn-Take Four Steps-Turn-Take Four Steps.

Week 3 – Skill focus – Developing proper Sanchin arm placement and strikes

1. Review Kyu-kyu Lesson 2 for proper Sanchin arm placement, striking and blocking
2. Warm-up: 10 stationary front punches and front kicks.
3. Practice 2-3 minutes each day performing 3 sets each of stationary strikes and blocks.
4. Practice 2-3 minutes each day reviewing and performing your Sanchin stance, steps and turns.
5. Practice 4-5 minutes each day putting both your Sanchin stepping and striking together

Week 4 – Skill focus – Developing Wauke Blocks, Bushkin Strikes and Full Sanchin Kata

1. Review Kyu-kyu Lesson 3 for proper Wauke blocks and Bushkin strikes
2. Warm-up: 10 stationary front punches and front kicks.
3. Practice 3-4 minutes each day reviewing and performing your Wauke blocks and bushkin strikes, paying close attention to proper technique of each.
4. Practice 3 Sanchin in complete form. Focus on proper technique from your previous lessons: stances, turning, arm placement, striking, blocking and bushkin strikes.

Be sure to review your Uechi-ryu History. Then when you’re ready, proceed to your Yellow Belt Test!