7 Days Black Belt Challenge Program

Training Schedule

[Bow/ Greet] Basic bows, greetings before and after starting, manners in Dojo, how to wear your Karate uniform **[Basic]** Fist techniques, kick techniques, defence techniques, attack techniques. **[Stance]** close feet posture, angled feet posture, squat stance, cat legs stance **[Basic Movements]** Front-leg-bent stance (chasing punch, reverse punch, chasing reverse punch, front kick & round kick), three battles stance or sanchin stance (reverse punch, upper level block, outside block, down block & round block), cat leg stance (round block), squat or square stance (down block) **[Kata/ Forms]** Gekisai (strike & smash) No.1, Gekisai No.2 and Saifua (break) **[Set sparring]** Three battles stance (Middle punch, reverse punch, upper level block & outside block), front-leg-bent stance (chasing punch, reverse punch, upper level block, outside block & lower sweeping block)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
7:00		6:30 Wake Up	6:30 Wake Up	6:30 Wake Up	6:30 Wake Up	6:30 Wake Up	6:30 Wake Up	6:30 Wake Up
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00		Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Free Time
10:00		Morning Practice Warm up / Bow / Basic/ Stance/Basic movements	Morning Practice Warm up / Bow / Basic/ Stance/ Basic movements / form (Gekisai 1) Focus on speed and accuracy	Morning Practice Warm up / Bow / Basic/ Stance/Basic movements / form (Gekisai 1) Focus on speed and accuracy	Morning Practice Warm up / Bow / Basic/ Stance/Basic movements /Form (Gekisai 1) / Set sparring	Morning Practice Warm up / Bow / Basic/ Stance/Basic movements /Form (Gekisai 1) / Set sparring / Saifua	Morning Practice Bow / Basic / Basic movements / Set sparring / Form (Gekisai 1&2) / Saifua	Finish Students will be dropped off at the Sendai station
11:00								
12:00		Lunch Own Arrangement*	Lunch Own Arrangement*	Lunch Own Arrangement*	Lunch Own Arrangement*	Lunch Own Arrangement*	Lunch Own Arrangement*	
13:00	Meet Up							
14:00		Afternoon Practice Bow/ Basic/ Stance/ Basic movements	Afternoon Practice Basic/Basic movements /Stance/Basic movements / Form (Gekisai 1)	Afternoon Practice Basic/Form(Gekisai 1)/ Set sparring	Afternoon Practice Warm up / Bow / Basic/ Stance/Basic movements /Form (Gekisai 1) / Set sparring / Saifua	Afternoon Practice Warm up / Bow / Basic/ Stance/Basic movements /Form (Gekisai 1&2) / Set sparring / Saifua	Grading exam Practice/ annoucement/ test start/ orientation	
15:00	Entrance Ceremony and Orientation							
16:00								
17:00							Closing ceremony	
18:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time		
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Party	
20:00	Shower / Free Time	Shower / Free Time	Shower / Free Time	Shower / Free Time	Shower / Free Time	Shower/ Free Time	Shower / Free Time	
21:00								* studnets can have their lunch in the Dojo/ training hall
	22:00 Bed Time	22:00 Bed Time	22:00 Bed Time	22:00 Bed Time	22:00 Bed Time	22:00 Bed Time	22:00 Bed Time	