



HOME PRACTICE / WEEKS 1-4

ADULT MARTIAL ARTS

Month 1: Get Ready



Name: _____

Start date: _____

Three 10-minute sessions each week: A, B and C. Move comfortably and notice your progress.

YOUR THREE SESSIONS EACH WEEK

Complete A, B and C every week for all four curriculum sections plus Beyond the Belt.

A KICKS + FORM

Review instructor-assigned front kicks 1-5 slowly. Practice a small assigned Ki Bon section.

B RHYTHM + RECALL

Open-hand three-count combo, both sides: build motor memory with slow, controlled rhythm. Self-defense memory: say and picture the wrist release, backfist, ridge hand and knee sequence.

C REVIEW + BEYOND THE BELT

Briefly review assigned kicks and Ki Bon. Pause before responding; name one respectful choice.

FOUR WEEKS OF PRACTICE

Check A, B and C after completing the matching sessions above.

WEEK 1 Choose a detail

Notice one setup detail during A, B and C.

A ☐

B ☐

C ☐

WEEK 2 Remember the order

Notice what you recall during A, B and C.

A ☐

B ☐

C ☐

WEEK 3 Use a correction

Use one instructor correction during A, B and C.

A ☐

B ☐

C ☐

WEEK 4 Notice a win

Name one improvement after A, B and C.

A ☐

B ☐

C ☐

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

BEYOND THE BELT

Move with purpose.
Respond with intention.

Consistency makes room for progress.



AT HOME, TRY THIS

Pause before answering.
Say one respectful response you could choose.



Practice familiar skills at a comfortable pace. Use short sections that fit your space. Open-hand rhythm and verbal recall build control and memory.



HOME PRACTICE / WEEKS 5-8

ADULT MARTIAL ARTS

Month 2: Build Consistency



Name: _____

Start date: _____

Three 10-minute sessions each week: A, B and C. Move comfortably and notice your progress.

YOUR THREE SESSIONS EACH WEEK

Complete A, B and C every week for all four curriculum sections plus Beyond the Belt.

A

KICKS + FORM

Review instructor-assigned front kicks 1-5 slowly. Practice a small assigned Ki Bon section.

B

RHYTHM + RECALL

Open-hand three-count combo, both sides: build motor memory with slow, controlled rhythm. Self-defense memory: say and picture the wrist release, backfist, ridge hand and knee sequence.

C

REVIEW + BEYOND THE BELT

Briefly review assigned kicks and Ki Bon. Pause before responding; name one respectful choice.

FOUR WEEKS OF PRACTICE

Check A, B and C after completing the matching sessions above.

**WEEK
5**

Repeat your routine

Plan three manageable times for A, B and C.

A ☐ B ☐ C ☐

**WEEK
6**

Keep one correction

Carry one useful detail through A, B and C.

A ☐ B ☐ C ☐

**WEEK
7**

Check your recall

Notice one question while completing A, B and C.

A ☐ B ☐ C ☐

**WEEK
8**

Choose calmly

Note a thoughtful response after A, B and C.

A ☐ B ☐ C ☐

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

BEYOND THE BELT

Move with purpose.
Respond with intention.

Consistency makes room for progress.



AT HOME, TRY THIS

Think of a frustrating moment. Pause and write one calmer response.



Practice familiar skills at a comfortable pace. Use short sections that fit your space. Open-hand rhythm and verbal recall build control and memory.



HOME PRACTICE / WEEKS 9-12

ADULT MARTIAL ARTS

Month 3: Notice Your Growth



Name: _____

Start date: _____

Three 10-minute sessions each week: A, B and C. Move comfortably and notice your progress.

YOUR THREE SESSIONS EACH WEEK

Complete A, B and C every week for all four curriculum sections plus Beyond the Belt.

A

KICKS + FORM

Review instructor-assigned front kicks 1-5 slowly. Practice a small assigned Ki Bon section.

B

RHYTHM + RECALL

Open-hand three-count combo, both sides: build motor memory with slow, controlled rhythm. Self-defense memory: say and picture the wrist release, backfist, ridge hand and knee sequence.

C

REVIEW + BEYOND THE BELT

Briefly review assigned kicks and Ki Bon. Pause before responding; name one respectful choice.

FOUR WEEKS OF PRACTICE

Check A, B and C after completing the matching sessions above.

WEEK 9

Compare your control

Notice a change from Month 1 during A, B and C.

A ☐ B ☐ C ☐

WEEK 10

Notice your recall

What is easier to remember in A, B and C?

A ☐ B ☐ C ☐

WEEK 11

Choose your next detail

Use instructor feedback in A, B and C.

A ☐ B ☐ C ☐

WEEK 12

Reflect on progress

Finish A, B and C. Choose one goal for the Studio.

A ☐ B ☐ C ☐

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____



SMALL WINS

Notice a careful setup, a useful correction or clearer recall.



AT HOME, TRY THIS

Recall a thoughtful response you used. What would you choose next time?



BEYOND THE BELT

Move with purpose. Respond with intention. Consistency makes room for progress.

Practice familiar skills at a comfortable pace. Use short sections that fit your space. Open-hand rhythm and verbal recall build control and memory.