



HOME PRACTICE / WEEKS 1-4

# BLACK BELT TRAINING

Month 1: Establish purposeful habits

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

## FOUR SHORT SESSIONS EVERY WEEK

Complete A, B, C and D each week in 15-20-minute sessions. A grown-up can help. Practice at a comfortable pace and check each box.

### A • KICKS + FORM

Practice assigned grounded front kicks from 1-5 slowly. Return with balance. Repeat one short Po Eun section from the full form.



### B • COUNTS + RECALL

Open-hand three-count layers: both sides, mountain, valley and level change. Build motor memory with slow, controlled rhythm. Say and picture both wrist-grab responses.



### C • CONNECT + SET UP

Connect two familiar Po Eun pieces from the full form. Review assigned grounded kick setup. Picture jump/tornado preparation step by step while keeping one foot on the floor.



### D • REVIEW + BEYOND

Recall the stick counts aloud and picture both wrist-grab responses. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.



**FORM FOCUS:** Po Eun, entire form. Refine familiar sections with control and ask your instructor for feedback.

## MY FOUR WEEKS

**WEEK 1** • Set up before moving.

☐ A ☐ B ☐ C ☐ D

**WEEK 2** • Return each kick with control.

☐ A ☐ B ☐ C ☐ D

**WEEK 3** • Slow one form connection.

☐ A ☐ B ☐ C ☐ D

**WEEK 4** • Use your correction again.

☐ A ☐ B ☐ C ☐ D

## MY MONTHLY REFLECTION

What I learned: \_\_\_\_\_

One correction I used: \_\_\_\_\_

My next step: \_\_\_\_\_

## BEYOND THE BELT

Connect skill with thoughtful judgment.

*What is the purpose of this choice, and what will I adjust?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HOME PRACTICE

Open-hand rhythm builds motor memory. Practice grounded kicks. Say and picture self-defense steps with calm, steady focus.



# BLACK BELT TRAINING

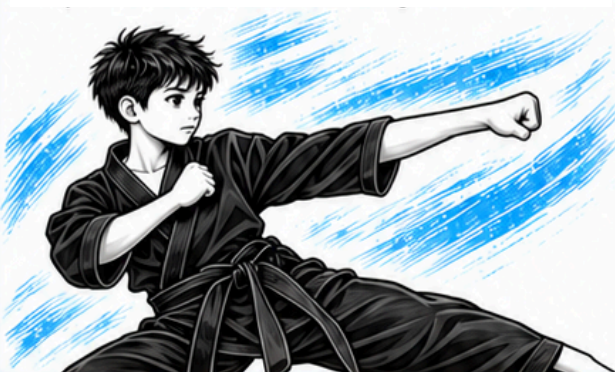
Month 2: Connect skills with control

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

## FOUR SHORT SESSIONS EVERY WEEK

Complete A, B, C and D each week in 15-20-minute sessions. A grown-up can help. Practice at a comfortable pace and check each box.



### A • KICKS + FORM

Repeat assigned grounded front kicks from 1-5 with the same setup. Use one correction in a short Po Eun section from the full form.

### B • COUNTS + RECALL

Open-hand three-count layers: both sides, mountain, valley and level change. Build motor memory with slow, controlled rhythm. Say and picture both wrist-grab responses.

### C • CONNECT + SET UP

Join familiar Po Eun pieces from the full form slowly. Repeat assigned grounded kick setup. Mentally rehearse class jump/tornado preparation. Keep one foot on the floor.

### D • REVIEW + BEYOND

Recall the stick counts aloud and picture both wrist-grab responses. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.

**FORM FOCUS:** Po Eun, entire form. Refine familiar sections with control and ask your instructor for feedback.

## MY FOUR WEEKS

### WEEK 5 • Carry one correction forward.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 6 • Keep a steady, controlled rhythm.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 7 • Connect without rushing.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 8 • Repeat one detail carefully.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

## MY MONTHLY REFLECTION

What I learned: \_\_\_\_\_

One correction I used: \_\_\_\_\_

My next step: \_\_\_\_\_

### BEYOND THE BELT

Connect skill with thoughtful judgment. What is the purpose of this choice, and what will I adjust?

## HOME PRACTICE

Build control with open-hand rhythm and grounded kicks. Say and picture each self-defense step. Practice slowly and apply instructor feedback.





HOME PRACTICE / WEEKS 9-12

# BLACK BELT TRAINING

*Month 3: Prepare with intention*

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

## FOUR SHORT SESSIONS EVERY WEEK

Plan four 15-20-minute sessions each week: A, B, C and D. Choose a comfortable pace, and check each box as you finish.

### A • KICKS + FORM

Review assigned grounded front kicks from 1-5. Notice setup and recovery. Apply feedback to a short Po Eun section from the full form.

### B • COUNTS + RECALL

Open-hand three-count layers: both sides, mountain, valley and level change. Build motor memory with slow, controlled rhythm. Say and picture both wrist-grab responses.

### C • CONNECT + SET UP

Connect assigned Po Eun sections from the full form with control. Review assigned grounded kick setup. Visualize class jump/tornado preparation. Keep one foot on the floor.

### D • REVIEW + BEYOND

Recall the stick counts aloud and picture both wrist-grab responses. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.

**FORM FOCUS:** Po Eun, entire form. Refine familiar sections with control and ask your instructor for feedback.

## MY FOUR WEEKS

### WEEK 9 • Compare control with month 1.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 10 • Notice a clearer transition.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 11 • Apply feedback, then repeat.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

### WEEK 12 • Name growth and your next goal.

☐ A ☐ B ☐ C ☐ D

What I learned: \_\_\_\_\_

Correction to use: \_\_\_\_\_

Next step: \_\_\_\_\_

## MY MONTHLY REFLECTION

What I learned: \_\_\_\_\_

One correction I used: \_\_\_\_\_

My next step: \_\_\_\_\_

### BEYOND THE BELT

Connect skill with thoughtful judgment.

*What is the purpose of this choice, and what will I adjust?*

### HOME PRACTICE

Build control with open-hand rhythm and grounded kicks. Say and picture each self-defense step. Practice slowly and apply instructor feedback.

