



HOME PRACTICE / WEEKS 1-4

YOUNG WARRIORS

Month 1: Get Ready



Name: _____

Start date: _____

Three 8-10-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

Stick combo: three counts, both sides. Open-hand practice builds memory and control. Say the wrist release, backfist, ridge hand and knee sequence aloud.

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 ☐



SMALL WINS

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

BEYOND THE BELT

Make the next choice on purpose.

AT HOME, TRY THIS

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



MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

Small corrections become strong habits.

Practice familiar movements at a comfortable pace. Choose sections and session lengths that fit your space.



HOME PRACTICE / WEEKS 5-8

YOUNG WARRIORS

Month 2: Build Consistency



Name: _____

Start date: _____

Three 8-10-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

Stick combo: three counts, both sides. Open-hand practice builds memory and control. Say the wrist release, backfist, ridge hand and knee sequence aloud.



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

☐

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

BEYOND THE BELT

Make the next choice on purpose.



AT HOME, TRY THIS

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



MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

Small corrections become strong habits.

Practice familiar movements at a comfortable pace. Choose sections and session lengths that fit your space.



HOME PRACTICE / WEEKS 9-12

YOUNG WARRIORS

Month 3: Notice Your Growth



Name: _____

Start date: _____

Three 8-10-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

Stick combo: three counts, both sides. Open-hand practice builds memory and control. Say the wrist release, backfist, ridge hand and knee sequence aloud.

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 ☐

SMALL WINS

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

BEYOND THE BELT

Make the next choice on purpose.



AT HOME, TRY THIS

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



MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

Small corrections become strong habits.

Practice familiar movements at a comfortable pace. Choose sections and session lengths that fit your space.