

8 Month Black Belt Training Schedule

By Paul McPhail

Remember the allocation of points: Patterns 50, Step Sparring 20, Theory 20, Destructions 16, Fitness 16, Assessment 15, Free Sparring 15, Self Defence 10

Fitness: Walking/slow running - increase to 40 min x 4 weekly, pad work, situps/pushups ..	Pyramid/circuits/faster shorter runs	Intense trainings, 2.4 km runs
Patterns: Learn them well, correct any technical problems	Pattern fitness work (3 or 4 at a time)	Simulated Grading practice
Step Sparring: Plan your techniques (write them down)	Practice at club - organise partner	Simulated Grading practice
Theory: General reading/talking with others/Draft essay	Q&A with others	Trial papers/interview technique
Self Defence: Regular practice of techniques	Increase speed and realism	Grading practice with partner
Sparring: Sparring at club, work on sparring techniques and fitness	Bag work/stop watch work	Endurance spars (club)

