
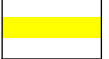
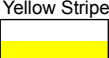

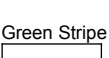
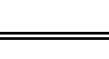


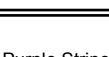
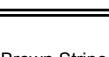




# KARATE 4

L I F E



	Core Skills	Belt Tip Body Awareness	Belt Tip Mind Awareness	Belt Tip Karate Basics, Kata & Key Basics	Belt Tip Self Defence & Kumite	Japanese Language & Etiquette	
White Belt 	Discipline  Fitness  Control  Focus  Balance  Teamwork  Co-ordination  Memory	- Hold plank front/back - On one leg with knee up - 5 push ups - 5 sit ups - 5 squat kicks	<b>Focus</b> - Eyes - Mind - Body (stillness)	- Basic stances (+ hold) - Chudan zuki - Jodan uke & Soto uke - Mae geri - Gizami zuki	Eyes, posture  Correct Stances  Correct fist/foot positions  Start & End positions  Path of techniques	Partner blocking  Exchange kumite (single techniques)  Ukemi (Ushiro, yoko, mae)  Escape Set #1 – Wrist escape (2 hands) Outside circle #2 – Wrist escape (2 hands) Inside pull up #3 – Lapel grab (1 hand) Uchi uke, body turn	Yellow Stripe 
Yellow Stripe 		- Hold plank side/side - Balance on one leg + punch - 7 push ups - 7 sit ups - 7 squat kicks		<b>Respect</b> - Self - Others - Learning environment			- Jodan zuki - Gedan zuki - Uchi uke & Gedan barai - Yoko geri - Gyaku zuki
Orange Stripe 		- Superman/skydiver - Hold Shiko dachi - 10 push ups - 10 sit ups - 10 squat kicks	<b>Confidence</b> - Greet instructors - Greet friends		- Seisan dachi (step) - Mae geri (step) - Yoko geri (kosa step) - Ren zuki - 10 Te Waza - Gizami/Gyaku combo	Ki o tsuke: Focus /Attention  Seiza: Correct sitting  Rei: Bow  Kamae: Guard (Ready to give 100%)	Green Stripe 
Green Stripe 		- Plank – heel lift + toe tap - Balance on one leg + kick - 15 push ups - 15 sit ups - 15 squat kicks		3 Levels of Focus  3 levels of Respect  100% Effort	- Shiko dachi (stepping) - Oi zuki - Shiko zuki - Hiza geri - Okuriashi & Tsugiashi - Kihon Dosa Ichi		Eyes/Posture/Stance  Technique Accuracy  Hiki te / Hiki ashi  Increase Acceleration
Blue Stripe 		- Moving plank fwd/bwd/R/L - On one leg + punch/block - 20 push ups - 20 sit ups - 20 squat kicks	Leads By Example  Friendly/Caring Talk		- Gyaku zuki (step) - Mawashi geri (front leg, back leg & stepping) - Enpi (mawashi, yoko age) - Kihon Dosa Ni	Hajime: Begin  Yame: Stop  Onegai shimasu Please	
Purple Stripe 		- Plank: elbows back to hands - On one leg + 4 kick combo - 25 push ups - 25 sit ups - 25 squat kicks		Focus & Respect  100% Effort Leads By Example 1% better	- Mika zuki geri & ushiro geri (individual & combo) - Happo ashi sabaki - Gyaku/Gyaku combo - Seiken no Migi Hidari		Arigatou gozaimashita Thank you  Mou ichido/Mou ikkai One more time
Brown Stripe 		- Plank clock circle L & R - One leg / hop + technique - 30 push ups - 30 sit ups - 30 squat kicks	<b>Contribution</b> - Helps students - Helps instructors		- 4 kick combo - Kihon Dosa San - Zenshin Kotai	Kiai          Black Stripe 	
				<b>Confidence</b> - Use confidence tower x 2			