



O'FALLON YMCA
KARATE
CLUB

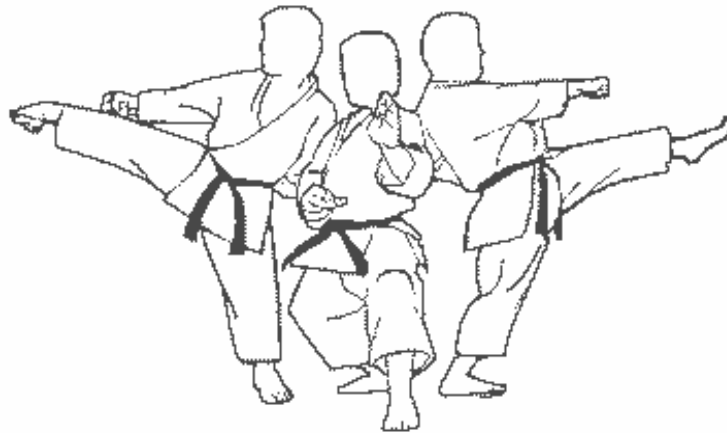
Student Curriculum

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By the YMCA Staff (P. E. Katzer)



O'FALLON YMCA KARATE CLUB



INTRODUCING SHOTOKAN KARATE

Shotokan Karate is a Japanese martial art originating in Okinawa. It is similar to Tae Kwon Do but with more hand techniques and self defense. This YMCA teaches Shotokan style karate and is geared toward achieving physical fitness. Students will also learn self discipline and self-realization.

WHY KARATE?

As with any Martial Art, karate practice can dramatically increase your fitness, flexibility and self-confidence. You'll get fit while learning a martial art skill. Students will learn to think, to concentrate, and to dedicate themselves to reach goals along the way. They'll also pick up a few skills and knowledge about running, soccer, weight lifting, and other easy fitness routines.

WHO DOES KARATE?

Our members come in all shapes and sizes, and absolutely no experience is required to start. You don't have to be fit, or flexible - that will come in due course. The occasional push-up might rear its ugly head several times during practice, but there is never any pressure to do anything you don't want - which includes fighting. Unless you fancy it, the only thing that you ever have to hit are some old target pads, which incidentally as a method of stress relief is absolutely second to none...

REQUIREMENTS

Loose, comfortable clothing. Uniforms can be purchased at a later time when the student is ready to make a commitment. Typically, the YMCA T-shirt and white or black gi pants, and rank belt (obi) are acceptable. Once a student has a full uniform, the full gi (top and bottom) will be used during testing, advanced self defense, and the occasional uniform inspection. Students will need running shoes and socks for outdoor activities or running on the track upstairs or around the gym perimeter at the beginning of class. Running will help discipline the mind and build endurance and stamina. Low impact alternatives are available for adults while the other students run. After running, students will put away their shoes and socks and train barefoot in the Multi-Purpose room. Students will have the opportunity to stretch after their run, do a variety of strength training, and move on to curriculum studies.

Student Uniform:

Students can find a good quality uniform on www.amazon.com by entering the following Amazon Standard Identification Number (ASIN): AB000QOW1UC (A, B, zero, zero, zero, Q, Oh, W, one, U, C). This is a Century 6 oz. student uniform, Cotton/poly blend, with elastic waistband.

Black uniform is probably the easiest in terms of care, particularly during the summer months when we spend a lot of time outside running and playing team sports.

SPARRING

Students will learn free sparring using sporting regulations and safety equipment. Students may wish to purchase their own sparring gear to ensure proper fit and a guarantee of having equipment to spar. All students must invest in a mouth guard and an optional mouth guard container. Boys will need to wear an athletic cup. A gym bag comes in handy for carrying all the necessary items.

Sparring Gear:

Over the years, I found www.karate-mart.com to consistently offer the lowest prices on-line for sparring gear sets. You can purchase full sets (helmet, mits, and kicks) for \$50 - \$60. The 3/4" dipped foam construction gear provides good protection. Replace ripped equipment. If your child outgrows their equipment and you would like to sell it or donate it, please let one of the instructors know.

Safety Gear:

- Mouth guard. Usually available for about a dollar. Buy several. Students lose them easily. Available at any sporting goods department
- Boys: Athletic Cup.

SAFETY

- No jewelry is to be worn during class as it could cause injury.
- Good personal hygiene is to be observed.
- Fingernails and toes nails are to be trimmed short.
- Never show unnecessary roughness or show an ill temper during class.
- Safety is to be the utmost in every student's mind at all times.
- Sparring Safety: No techniques directed to the head (face, throat/neck) groin, knees, joints, back (spine or kidney) are allowed. The target areas are clearly that which is covered by the gi top, with the above exceptions. No techniques are to be executed below the belt during sparring.

BACKGROUND

What makes us different from other schools? This program is meant to be a sustainable program for non-profit purpose. The program will build on the mission statement of the YMCA and is dedicated to building a healthy spirit, mind, and body. The YMCA is part of a Worldwide Movement that puts Christian Principles into practice through programs that promote Good Health, Strong Families, Youth Leadership and Community Development. This martial arts program will also emphasize the YMCA's core values:

Caring – Honesty – Respect – Responsibility

Test fees will cover the cost of purchasing new karate belts with any remaining money donated to the YMCA for class equipment or to the Partner With Youth program. Students will have other opportunities for community service if they so desire. Our goal is to teach students to give back to the community as well as learning YMCA core values.

STUDENT REFERENCE MANUALS

Recommended References:

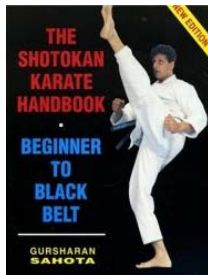
Recognizing all students learn differently, (visual, auditory, kinesthetic), the following books are recommended for visual learners and for folks who just like to read and get the information first hand. Students are always free to read, research, and learn from books. The philosophy of this school is to use open source knowledge to expand their own toolbox of self defense techniques and share what they learn in class.

BEGINNERS



Karate Do Kyohan
by Gichin Funakoshi

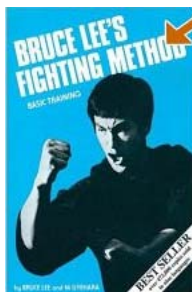
The master text for this style of karate.



Beginner to Black Belt Karate
by Gursharan Sahota

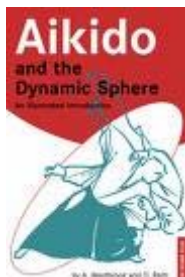
This book provides a wealth of photographs of most techniques in this program

INTERMEDIATE



Bruce Lee's Fighting Method Vol. 1 - 4
by Bruce Lee

An excellent reference library for training tips, sparring tips, self-defense



Aikido and the Dynamic Sphere
by Adele Westbrook and Oscar Ratti

How to fend off attacks with grace



Fighter's Fact Book
by Loren W. Christensen

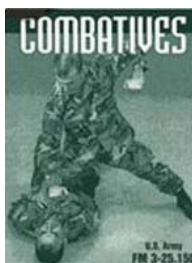
An essential reference with hundreds of training tips



Small Circle Jujitsu
by Wally Jay

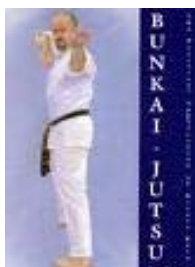
The art of joint locks

ADVANCED



Field Manual 3-25.140 Combatives
by US Army

Basic and advanced ground fighting techniques.



Bunkai Jutsu
by Iain Abernethy (Author), Peter Skillen (Illustrator)

Kata applications of a fighting art

Martial Arts Creed for Children

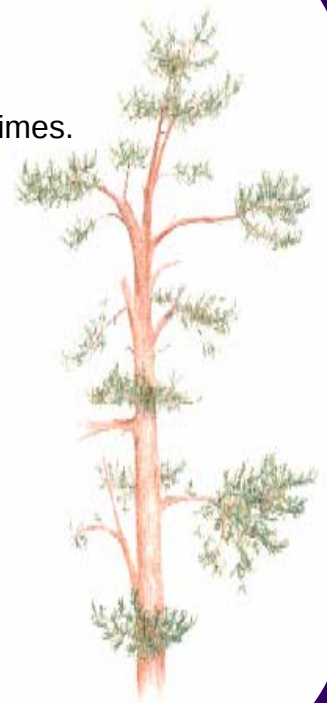
We are the young warriors
Our lives are a gift
Our minds and bodies are tools
we will strengthen
to contribute to society
With courage and honor,
we will love and appreciate our families
We will respect our elders and teachers,
and protect nature
We will not fight,
nor misuse what we learn
We will be a good friend
and live a good life
We, the children of today,
are the leaders of tomorrow

Student Creed

*To build good character
through knowledge in the mind,
honesty in the heart,
and strength in the body.
To develop self-discipline
to bring out the best in myself and others.
To do my best, every day, in every way,
to show my black belt attitude.*

Children's Home Rules

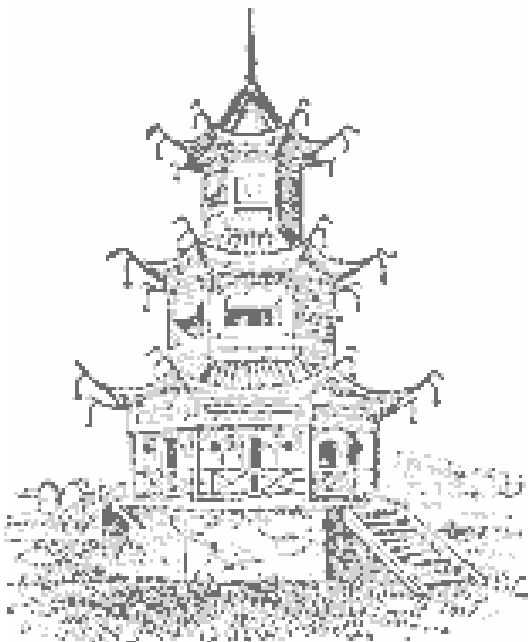
1. I will be polite and thoughtful when speaking to others.
2. I will respect my parents, grandparents, and teachers at all times.
3. I will always tell the truth.
4. I will willingly help with the household chores.
5. I will keep my room neat and clean.
6. I will abide by my parents decisions.
7. I will not interrupt adult conversations.
8. I will clean my hair, body and teeth daily.
9. I will be kind to my brothers and sisters.
10. I will review, study, and finish my homework on time.



STUDENT ETIQUETTE (KARATE-DO)



- Never put down other styles of martial arts.
- To earn respect, always show respect.
- Learn from anyone who is willing to teach you.
- Never try to prove anything to anyone.
- Never give your opinion unless it is asked for.
- “Empty your cup to gain totality”.
- Always absorb what is useful, then reject.
- Never reject anything unless you understand the meaning behind it.
- Always listen. You will learn something even if it is just one thing.
- A good martial artist does not indulge in any fights unless the fight is brought on to him.
- A good martial artist is always in control of his emotions.
- A good martial artist always avoids fighting.
- A good martial artist seeks to disarm, not to destroy.
- A good martial artist is always in control of the flow of the fight.
- A good martial artist never belittles his opponent.
- True martial artists know themselves.



Special points of interest:

Our school does have a more relaxed atmosphere than other schools; however, when class starts, students are expected to listen, learn, practice, and improve. It is absolutely necessary for students to know and apply the first two rules of karate:

Be Nice and Pay Attention

Follow these rules, and the rest will be Karate-Jutsu