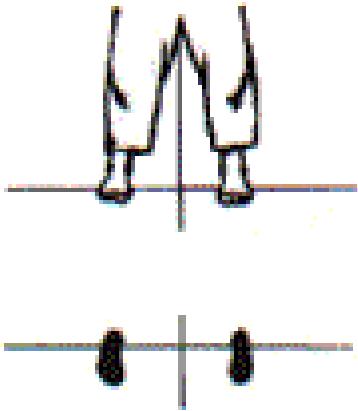


O'FALLON YMCA
KARATE CLUB
For Young Children



Little Dragons Level I
4 & 5 Year Olds

Beginner's Basic Knowledge

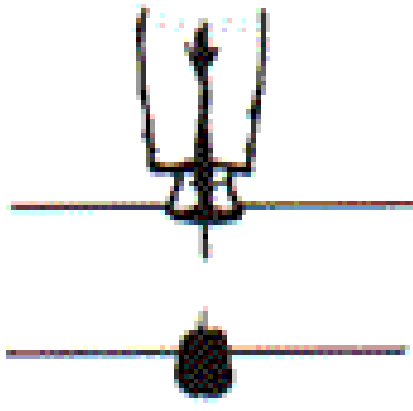


Ready Stance (Lining up) :

- Feet shoulder width apart
- Feet pointed forward
- Hands in proper fist in front of legs



Proper Fist

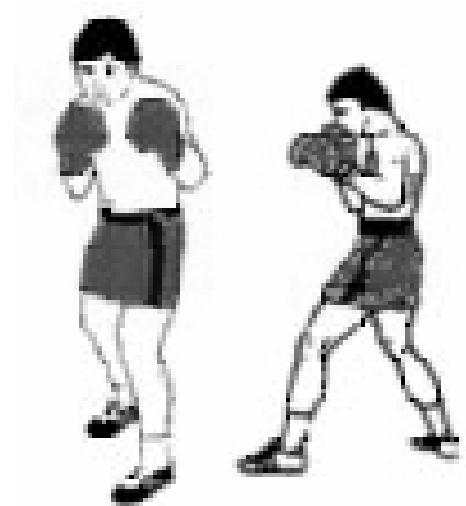


Attention:

- Feet together
- Hands flat against side of legs

Bow:

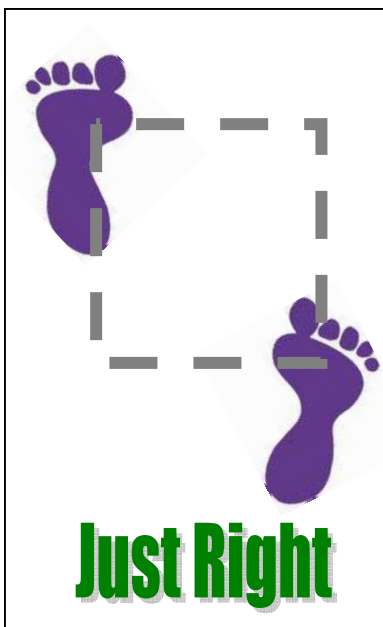
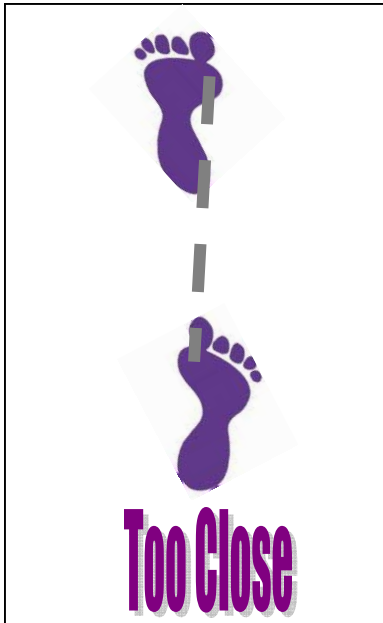
- Bend at waist



The **Fighting Stance** used in this program is an **On-Guard Stance**:

- Left Foot steps forward one step
- Hands raised up near chin level

- Know First Two Rules of Karate: Be Nice & Pay Attention
- Demonstrate A Proper Introduction
- Demonstrate A Good Fist
- Know When It Is OK To Use Karate: In Self Defense Only (and Karate Class and supervised practice)
- Children's Home Rules #1 & #2
 - #1 I will be polite and thoughtful when speaking to others.
 - #2 I will respect my parents, grandparents, and teachers at all times.
- Demonstrate The Following Stances with these commands:
 - "Ready Stance" - "I am ready for action NOW"
 - "Attention" - Focus
 - "Bow" - Respect
 - "Fighting Stance" - Commitment to give 110%
- Must Attend Four Classes



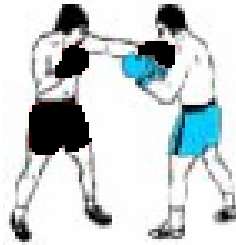
Padwork

Stripe 1

- Double Punch (Jab, Reverse Punch)
- Four Punches (Reverse Punch, Jab, Reverse Punch, Jab)
- Reverse Elbow



Reverse Punch



Jab



Elbow Strike



Sparring

Stripe 2

- Jab
- Reverse Punch
- Rear Leg Front Kick
- Reaction Drills (Sparring Stance w/bounce while moving, Jab, Reverse Punch, Front Kick to target)



Front Kick

Kicks

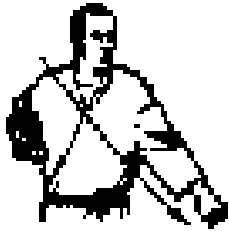
Stripe 3

- Front Leg Front Kick
- Rear Leg Front Kick

General Knowledge

Stripe 4

- Children's Home Rules #3 & #4
 - #3 I will always tell the truth.
 - #4 I will willingly help with the household chores.
- Positions:
 - Ready - "I am ready for action NOW"
 - Attention - "Focus and Concentration"
 - Bow - "Respect"
 - Sparring Stance - "Commitment"



Downward Defense



Upward Defense

Padwork

Stripe 1

- Double Punch (Jab, Reverse Punch)
- Reverse Elbow
- Rear Knee Strike

Sparring

Stripe 2

- Sparring Stance Slide Forward
- Sparring Stance Slide Back
- Reaction Drills (Sparring Stance w/bounce while moving, Jab, Reverse Punch, Front Kick to target)

Kicks

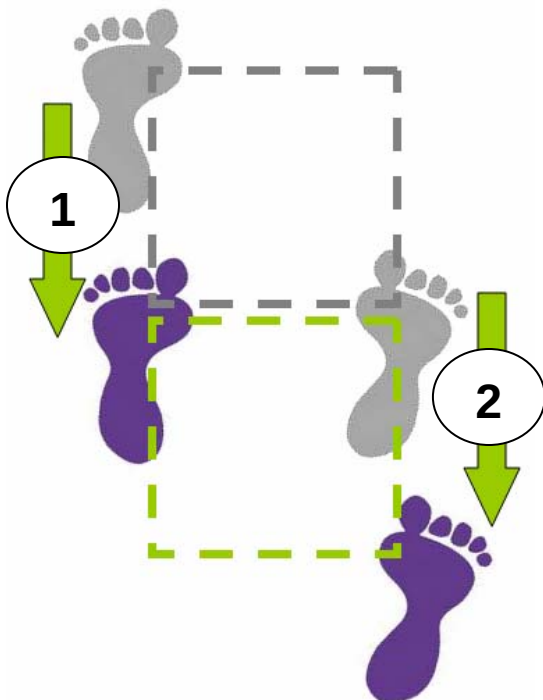
Stripe 3

- Front Leg Front Kick*
- Rear Leg Front Kick*

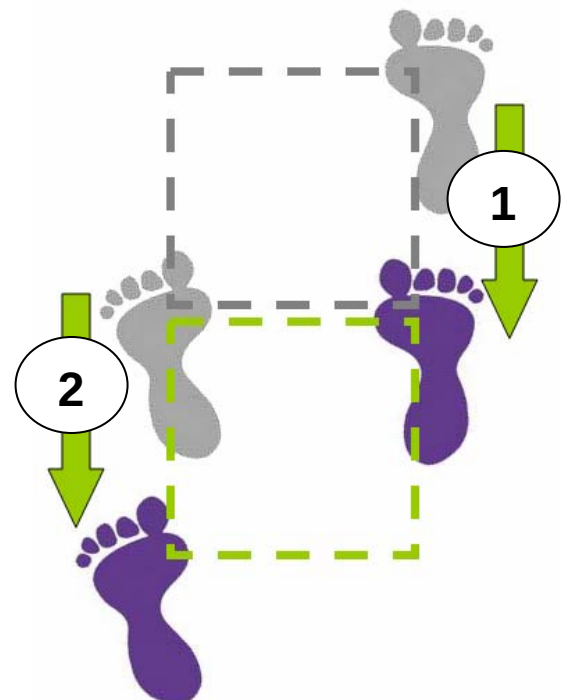
General Knowledge

Stripe 4

- Children's Home Rules #5 & #6
- #5 I will keep my room neat and clean.
- #6 I will abide by my parents decisions.
- Down Block
- Upward Block
- Slide Back, Downward Defense
- Slide Back, Upward Defense



Slide Back





Padwork

Stripe 1

- Reverse Punch, Jab, Reverse Elbow
- Rear Knee Strike , Switch Feet, Rear Knee Strike

Sparring

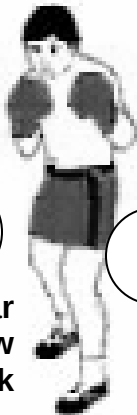
Stripe 2

- Backfist with Front Arm
- Low Block, Front Arm ("One")
- Low Block, Rear Arm ("Two")
- Reaction Drills (Sparring Stance w/bounce while moving, Jab, Reverse Punch, Rear leg Front Snap Kick to Target, then Left Low Block)

Knee Strike

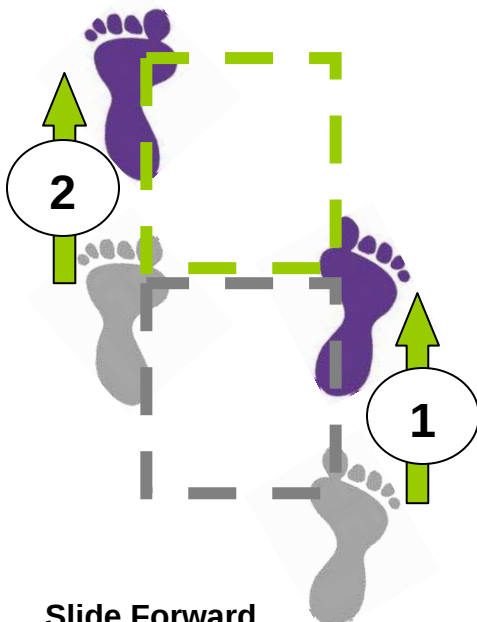


Backfist



1. Front Arm Low Block

2. Rear Arm Low Block



Slide Forward

Kicks

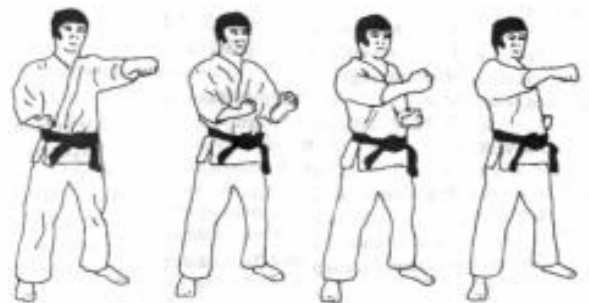
Stripe 3

- Front Leg Front Kick, Jab, Reverse Punch
- Slide Round Kick

General Knowledge

Stripe 4

- Childen's Home Rules #7 & #8
 - #7 I will not interrupt adult conversations.
 - #8 I will clean my hair, body and teeth daily.
- Mid-section Punches from Ready Stance
- Knife Hand Attack (Front Hand, In Place) from Ready Stance



Mid-Section Punches from Ready Stance



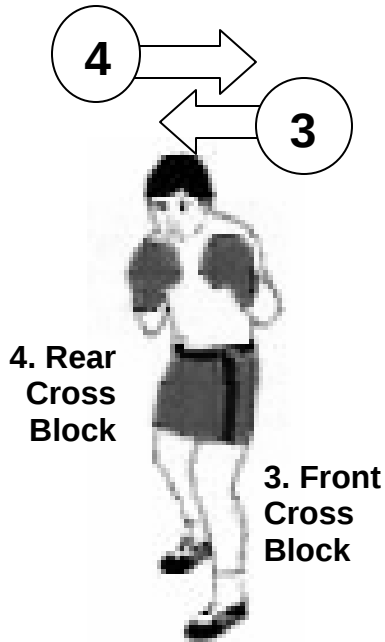
Round Kick



Knife Hand Attack

KARATE TECHNIQUES (KARATE-JUTSU)

BLUE STRIPE BELT



Padwork

Stripe 1

- Reverse Punch, Jab, Rear Elbow
- Switch Feet, Knee (Rear Leg)

Sparring

Stripe 2

- Slide Back
- Front Cross Block ("Three")
- Rear Cross Block ("Four")
- Reaction Drills (Sparring Stance with bounce while moving, Jab, Reverse Punch, Rear Leg Front Kick to Target, Slide Side Kick)

Kicks

Stripe 3

- Slide Side Kick (Slide up, Side Kick with Front Leg)
- Slide Round Kick

General Knowledge

Stripe 4

- Children's Home Rules #9 & #10
 - #9 I will be kind to my brothers and sisters.
 - #10 I will review, study, and finish my homework on time.
- Mid-section Punches from Ready Stance
- Knife Hand Attack (Front Hand, In Place)*



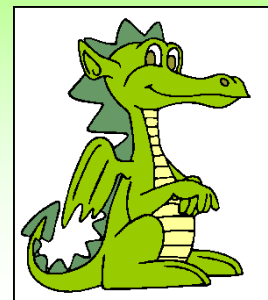
Side Snap Kick
(Front View)



Side Snap Kick
(SideView)



Little Dragons Level 1 graduates can continue to the next level. The next belt earned will be the Purple Stripe Belt



OFF TIME

WHAT TO DO WHEN YOU'RE NOT AT KARATE?



How about more Push Ups?!!

References

www.fit-kids-club.com/

www.the-fitness-motivator.com/BasicExercises.html