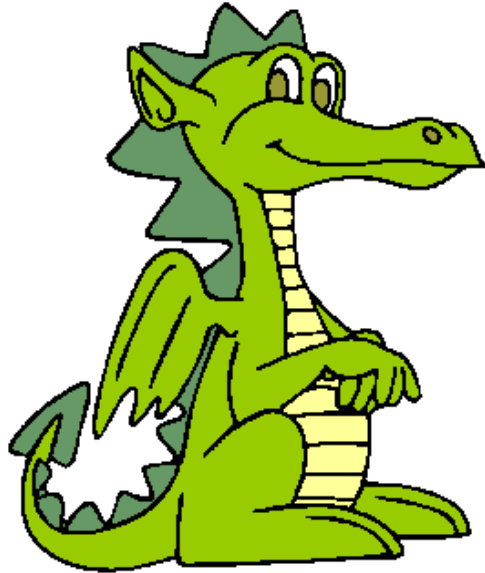
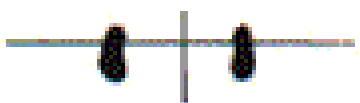
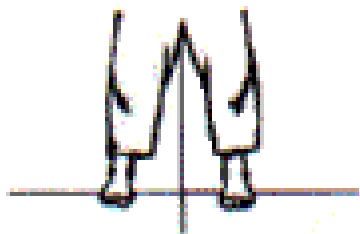


O'FALLON YMCA
KARATE CLUB
For Young Children



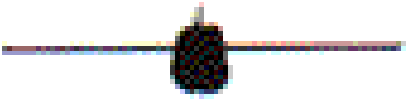
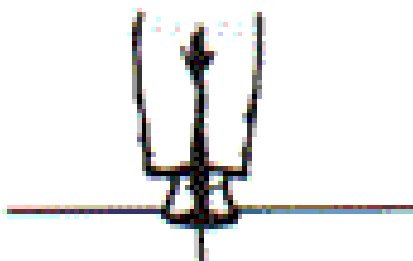
Little Dragons Level II
6 & 7 Year Olds and Level I Graduates

Beginner's Basic Knowledge



Ready Stance (Lining up) :

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

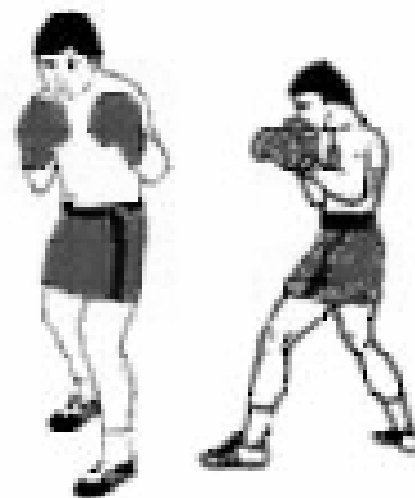


Attention:

- 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



Proper Fist

- 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)
- 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

KARATE TECHNIQUES (KARATE-JUTSU)

Level 2

PURPLE STRIPE BELT

Padwork

Stripe 1

- Jab, Reverse Punch
- Rear Hand Punch (Reverse Punch), Front Hand Punch (Jab), Rear Elbow
- (Grab pad) Knee strike
- (Grab pad) Cross Step, Knee, Round Kick

Self Defense

Stripe 2

- Non-Aggressive Stance "I don't want to fight, I don't want any trouble"
- Block, Palm Heel Strike (to Jaw)
- Adult Self-Defense

Sparring

Stripe 3

- Slide Forward / Slide Back
- 4 Corner Blocking
 - 1 - Front Hand Low Block
 - 2 - Rear Hand Low Block
 - 3 - Front Hand Cross Block
 - 4 - Rear Hand Cross Block
- Reaction Drills - lightly bouncing
 - 1-2
 - 3-4
 - 1-2-3-4

Kicks

Stripe 4

- Rear Leg Front Kick
- Front Leg Front Kick
- Slide Front Kick
- Round Kick

General Knowledge

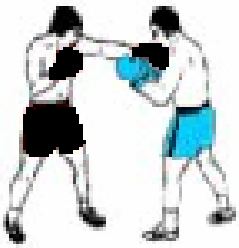
Stripe 5

- 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.
- High Block from Ready Stance
- Low Block from Ready Stance
- High Block Stepping Back
- Low Block Stepping Back
- Front Stance (Ready Stance to Left Foot forward Front stance, alternate to Back foot forward front stance; Front Leg Bent, Back Leg Straight, Back Straight, Eyes Straight)
- Fighting Form (4 moves); Reference Page 8
 - From Ready Stance, turn to left in Fighting Stance
 - Slide Step, Front Kick, Jab, Reverse Punch
 - Turn around in Fighting Stance
 - Slide Step, Front Kick, Jab, Reverse Punch

KARATE TECHNIQUES (KARATE-JUTSU)

Level 2

PURPLE STRIPE BELT



Jab



Reverse Punch



Elbow Strike



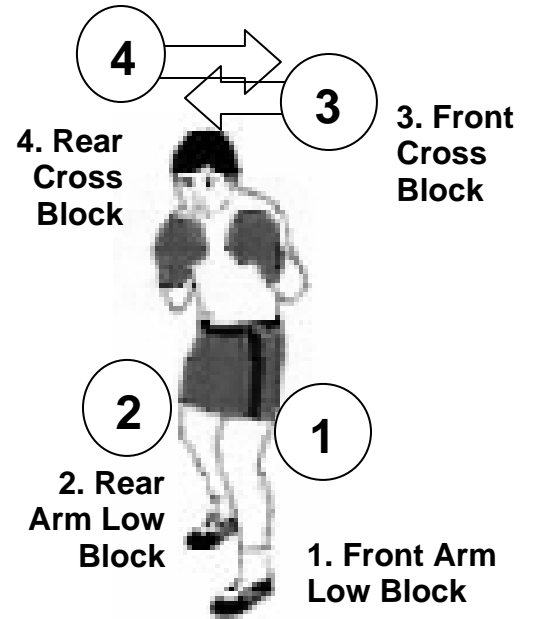
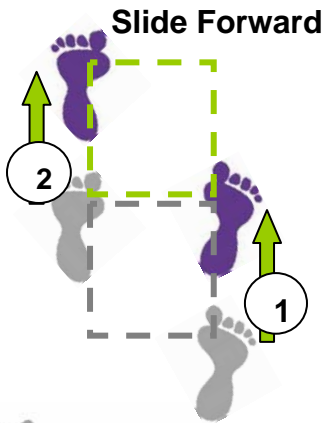
Knee Strike



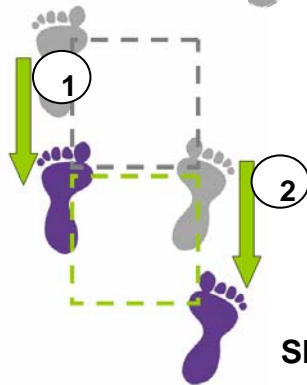
Palm Heel Strike



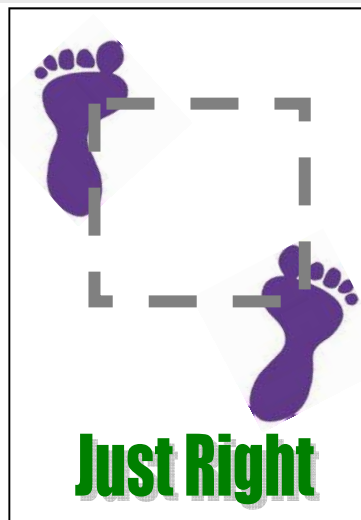
Front Kick



Round Kick



Fighting Stance



KARATE TECHNIQUES (KARATE-JUTSU)

Level 2

RED STRIPE BELT

Padwork

Stripe 1

- Reverse Punch, Front Hand Punch, Rear Elbow
- Knee Strike, Switch, Knee Strike
- Slide, Round Kick, (Slide Step Back when done if space is limited)

Self Defense

Stripe 2

- Non-Aggressive Stance "I don't want to fight, I don't want any trouble"
- Block, Palm Heel Strike, (Grab head with both hands), Knee Strike
- Double Block, Grab, Knee Strike
- Two Hand Wrist Release

Sparring

Stripe 3

- 4 Corner Blocking
 - 1 - Front Hand Low Block, High Reverse Punch
 - 2 - Rear Hand Low Block, High Front Hand Punch
 - 3 - Front Hand Cross Block, Mid-Section Reverse Punch
 - 4 - Rear Hand Cross Block, Mid-Section Front Hand Punch
- Reaction Drills - lightly bouncing (1-2, 3-4, & 1-2-3-4)
- Fake Step
- Half Step
- Backfist, Reverse Punch

Kicks

Stripe 4

- Rear Leg Round Kick
- Front Leg Round Kick
- Slide Round Kick
- Jump Front Kick
- Drill: Lifting Knee in preparation of a jump front kick; alternate legs)

General Knowledge

Stripe 5

- Children's Home Rules #3 & #4
 - #3 I will always tell the truth.
 - #4 I will willingly help with the household chores.
- Mid Section Punches from Ready Stance
- Low Section Punches from Ready Stance
- High Section Punches from Ready Stance
- Fighting Form (8 moves); Reference Page 9: After the first 4 moves:
 - Turn to the front in a fighting stance, Front Kick (stepping forward)
 - Front Kick (stepping forward)
 - Front Kick (stepping forward)
 - Jab, Rev. Punch, Kiai

KARATE TECHNIQUES (KARATE-JUTSU)

Level 2

BROWN STRIPE BELT

Padwork—POWER

Stripe 1

- Reverse Punch, Front Hand Punch, Rear Elbow, Grab pad with both hands, Knee Strike, Round Kick, Round Kick (same leg)
- Grab pad) Cross Step, Knee, Round Kick

Self Defense

Stripe 2

- Self Defense from a Rear Hand Punch
- Block, Palm Heel, Grab (both hands), Knee (rear knee), Elbow (rear arm)
- Self Defense from a Choke or Lapel Grab: Trap opponent's hand (come over the top of their hands), other arm up and over both arms, turn into an elbow strike to head, Front Kick
- Cross Wrist Grab

Sparring

Stripe 3

- Full Step (using the hips)
- High Block, Reverse Punch
- Four Corner Blocking
 - 1 - Front Hand Low Block, High Reverse Punch, Rear Leg Round Kick
 - 2 - Rear Hand Low Block, High Front Hand Punch, Front Leg Round Kick
 - 3 - Front Hand Cross Block, Mid-Section Reverse Punch, Rear Leg Round Kick
 - 4 - Rear Hand Cross Block, Mid-Section Front Hand Punch, Front Leg Round Kick
- Reaction Drills - lightly bouncing (1-2, 3-4, & 1-2-3-4)

Kicks

Stripe 4

- Lock and Hold Front Kick
- Slide Round Kick
- Jump Front Kick
- Combination:
 - Slide Front Kick, Rear Leg Front Kick (step forward), Jump Front Kick, Jab, Reverse Punch

General Knowledge

Stripe 5

- Children's Home Rules #5, #6, & #7
 - #5 I will keep my room neat and clean.
 - #6 I will abide by my parents decisions.
 - #7 I will not interrupt adult conversations.
- Stepping into Front Stance from Ready Stance; return to Ready Stance, alternate legs (Front Leg Bent, Back Leg Straight, Back Straight, Eyes Straight)
- Fighting Form (13 moves); Reference Page 10; Add:
 - Turn 270 degrees counter clockwise,
 - Slide Step, Front Kick, Jab, Rev. Punch
 - Turn around in Sparring Stance
 - Slide Step, Front Kick, Jab, Rev. Punch

Padwork—SPEED

Stripe 1

- (Grab pad) Knee Strike, Switch Feet, Knee Strike
- (Grab pad) Knee, Switch Feet, Knee Strike, Round Kick, Round Kick (same leg)
- Reverse Punch, Front Hand Punch, Rear Elbow, (Grab pad) Knee Strike, Round Kick, Round Kick (same leg)

Self Defense

Stripe 2

- Self Defense from a Rear Hand Punch
- Block, Knife Hand to jaw, Grab (both hands), Knee (rear knee), Upward Elbow (rear arm)
- Self Defense from Rear Bear Hug: Lift arms up, elbows bent outward, shuffle to side, knife hand with opposite side hand to upper inner thigh
- Self Defense from a Head Lock: Grab arm with one hand; other hand closest to their body reaches behind opponent's shoulder to front of neck, pull back, turn, and ridge hand to upper inner

Sparring

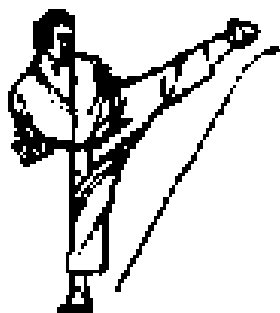
Stripe 3

- Full Step (using the hips)
- Side (Forearm) Block, Reverse Punch
- Backfist, Reverse Punch
- Four Corner Blocking
 - 1 - Front Hand Low Block, High Reverse Punch, Rear Leg Round Kick x 2 (same leg)
 - 2 - Rear Hand Low Block, High Front Hand Punch, Front Leg Round Kick x 2 (same leg)
 - 3 - Front Hand Cross Block, Mid-Section Reverse Punch, Rear Leg Round Kick x 2 (same leg)
 - 4 - Rear Hand Cross Block, Mid-Section Front Hand Punch, Front Leg Round Kick x 2 (same leg)
- Reaction Drills - lightly bouncing (1-2, 3-4, & 1-2-3-4)

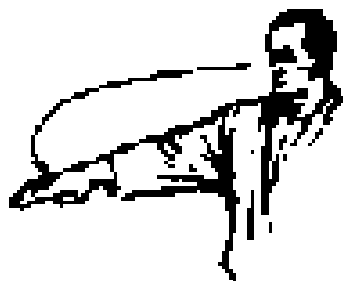
Kicks

Stripe 4

- Jump Front Kick in place
- Slide Side Kick
- Spin Back Kick
- Jump Spin Back Kick
- Combinations:
 - Slide Side Kick, (spin to) Back Kick
 - Slide Front Kick, Rear Leg Front Kick (step forward), Jump Front Kick, Jab, Reverse Punch



Side Kick



Ridge Hand Strike



Knife Hand Strike

General Knowledge

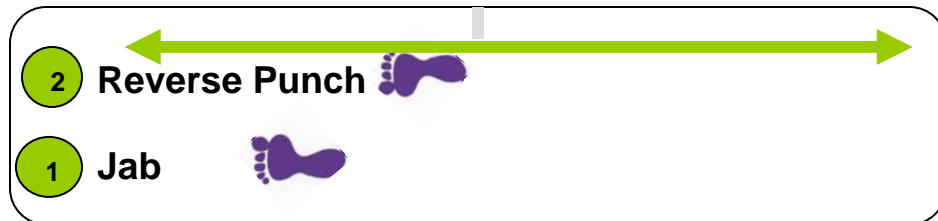
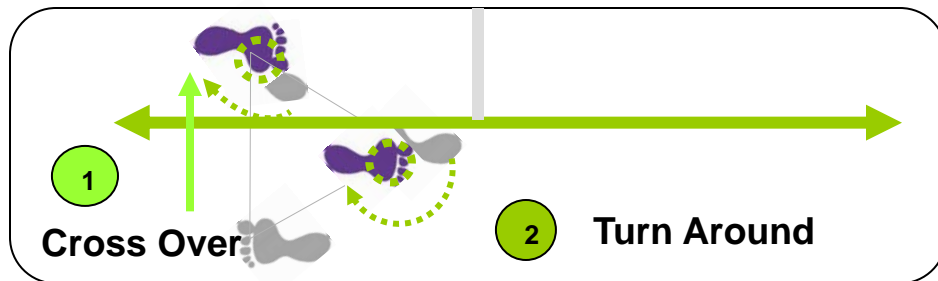
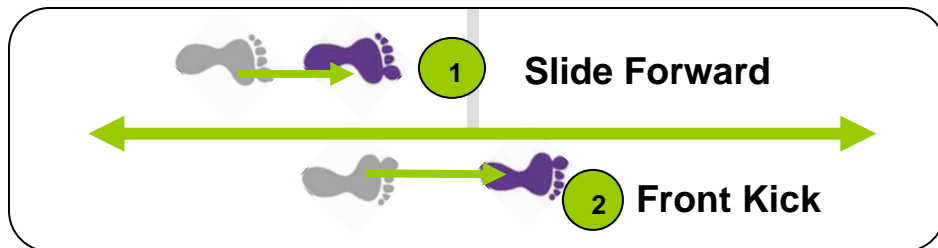
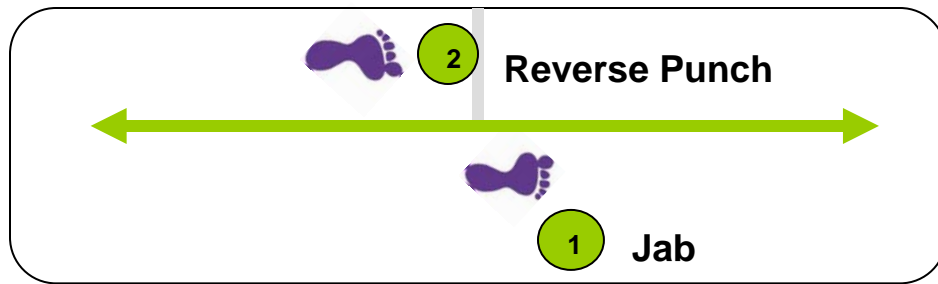
Stripe 5

- Children's Home Rules #8, #9 & #10
 - #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.
- Stepping into Front Stance from Ready Stance; return to Ready Stance, alternate legs (Front Leg Bent, Back Leg Straight, Back Straight, Eyes Straight)
- Fighting Form (13 moves); Reference Page 12; Add:
 - Turn 270 degrees counter clockwise,
 - Slide Step, Front Kick, Jab, Rev. Punch
 - Turn around in Sparring Stance
 - Slide Step, Front Kick, Jab, Rev. Punch

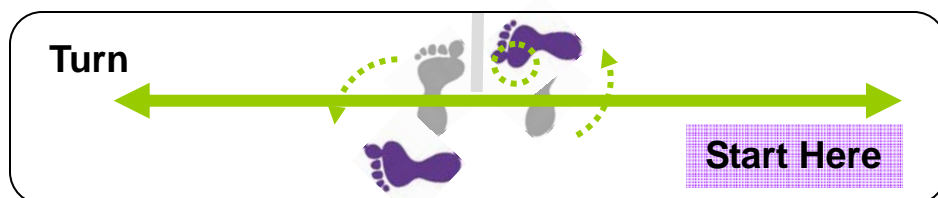
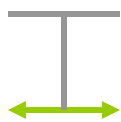
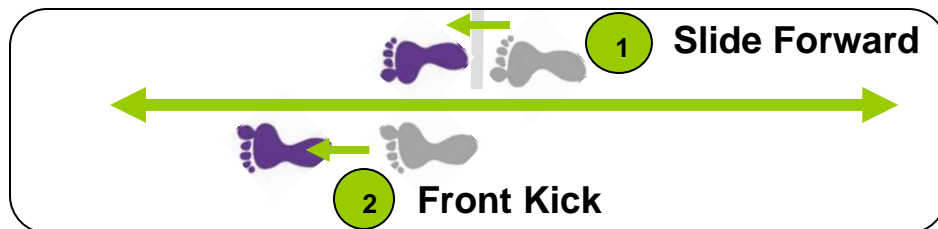
Congratulations! We hope you've enjoyed the program

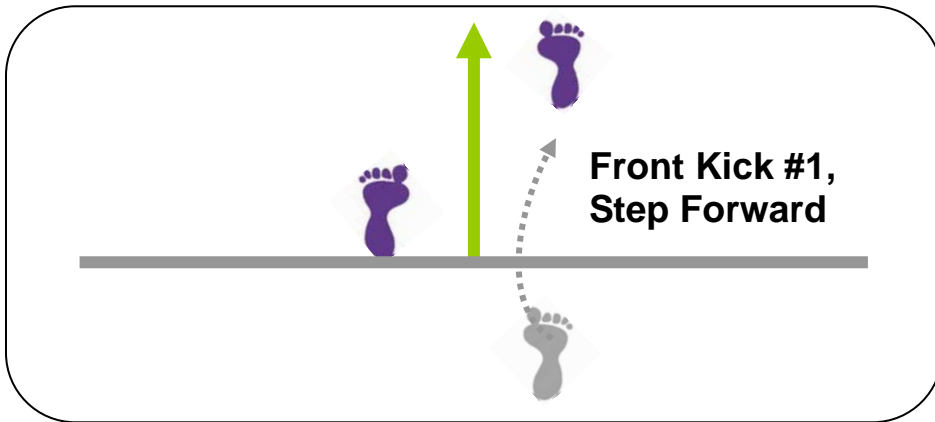
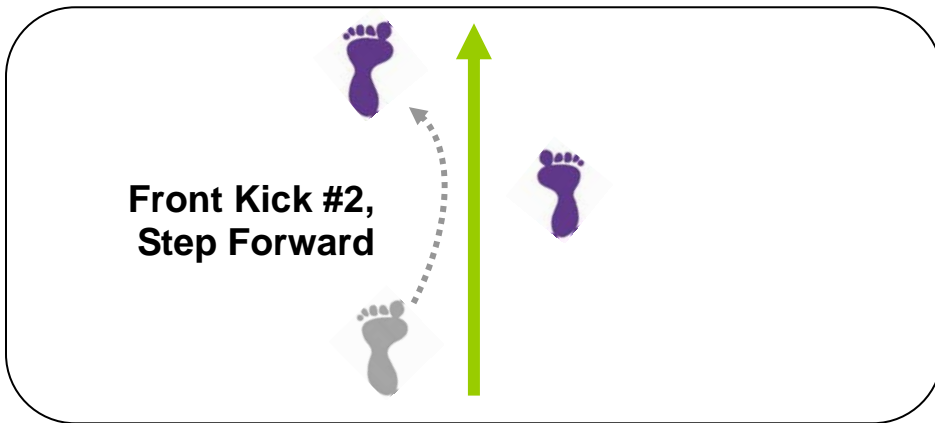
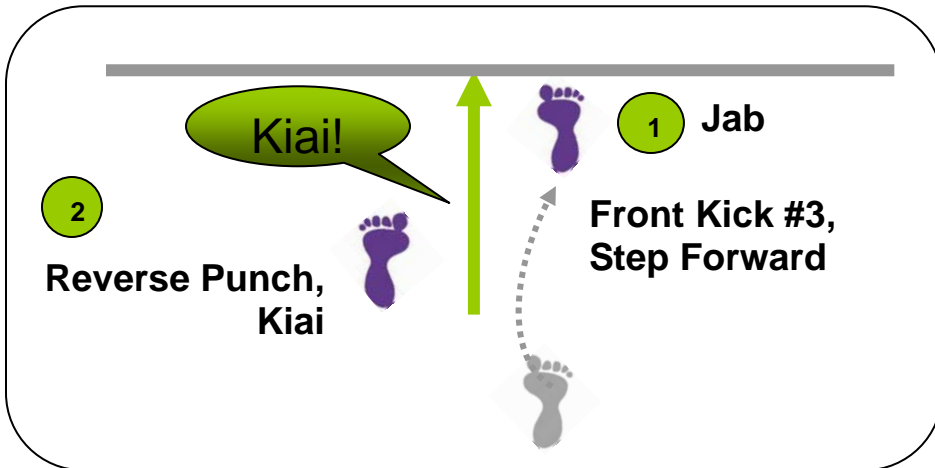


Purple Stripe Belt Requirement

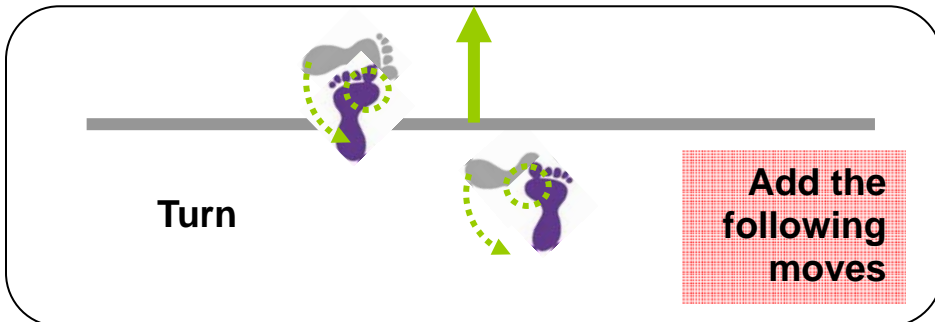


Fighting Form Line Pattern

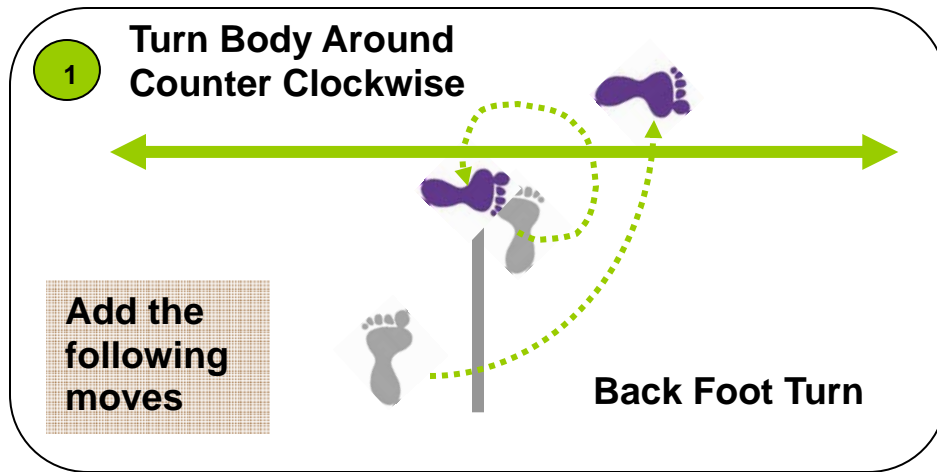




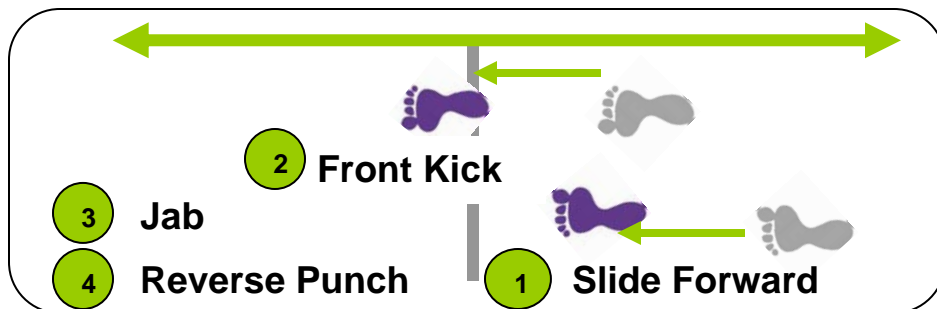
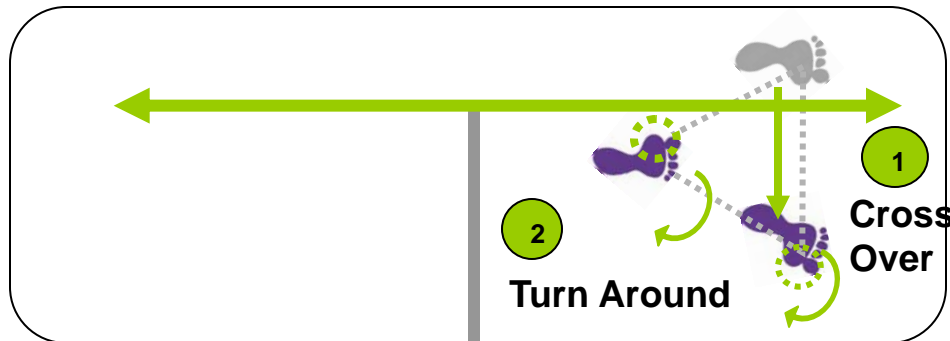
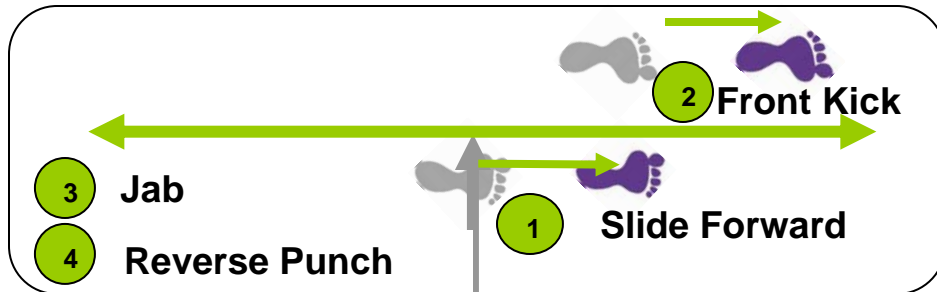
Fighting Form Line Pattern



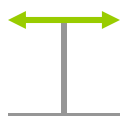
Brown Stripe Belt Requirement



Cont.



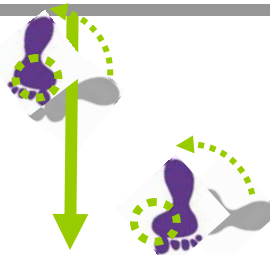
Fighting Form Line Pattern



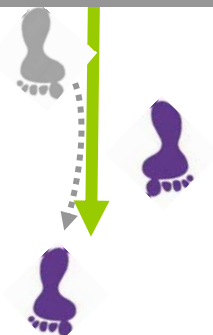
Black Stripe Belt Requirement

Add the following moves

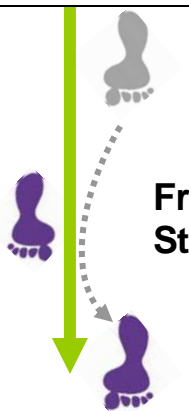
Turn



Front Kick #1, Step Forward



Front Kick #2, Step Forward



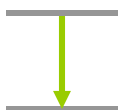
1 Front Kick #3, Step Forward

3 Reverse Punch, Kiai

2 Jab

Kiai!

Fighting Form Line Pattern



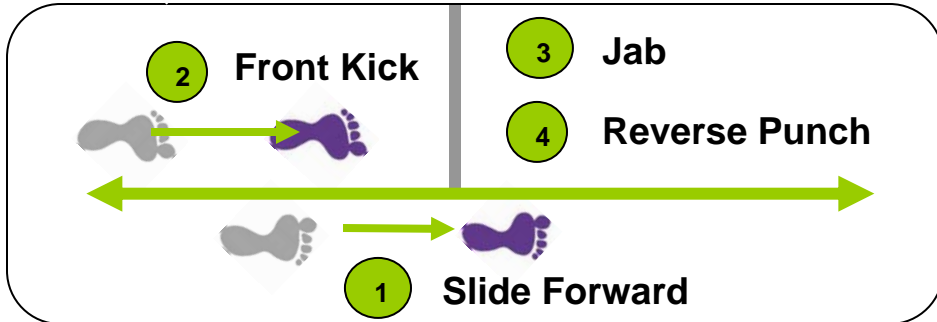
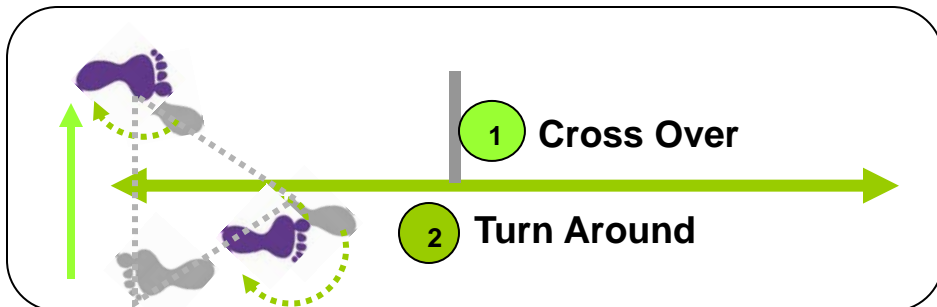
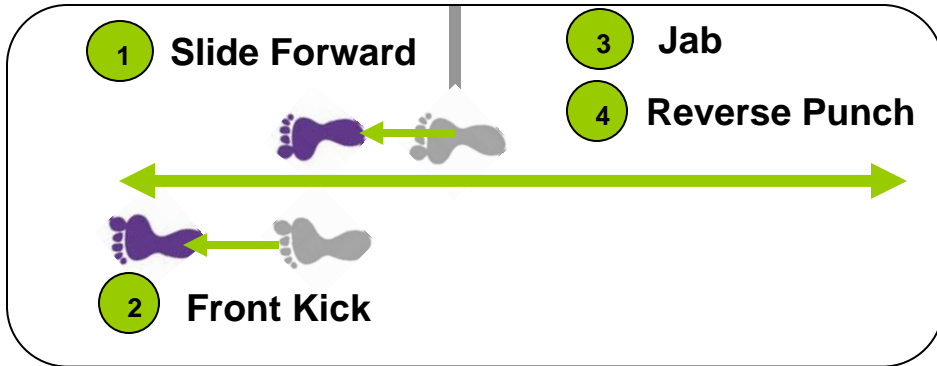
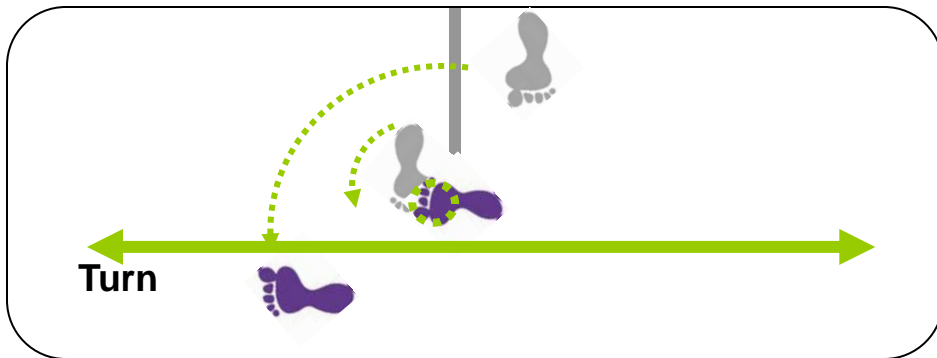
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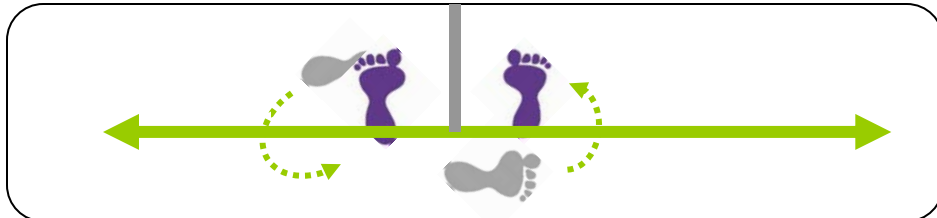
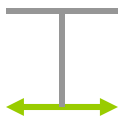
Continue to next page

Black Stripe Belt Requirement

Cont.



Fighting Form Line Pattern



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