

O'FALLON YMCA  
KARATE CLUB

Classroom Ideas for 4 - 5 Year Olds



### Equipment

- 8 soccer cones
- 2 target pads
- 2 square pads
- 1 - 2 blockers
- 2 large mats

**Remember:** Little kids (3 - 4) don't have weak muscles in the stomach. Some kids can do the sit-ups, Under 4 year olds probably need lots of help

**Situps:** SUPERVISE - make sure heads land on mats

**Terms:** Use "Jab" for Jabs and cross punches; used to refer to all lead hand punches

Fighting Stance only:  
Left Foot forward 1<sup>st</sup> time  
Right Foot forward 2<sup>nd</sup> time

### Block Drills:

#### Low Blocks & Cross Blocks

- Front Hand High Block
- Rear Hand High Block
- Front Hand Side Block
- Rear Hand Side Block
- Front Hand Low Block
- Rear Hand Low Block

- Front Hand High Block
- Front Hand Side Block
- Front Hand Low Block
- Rear Hand High Block
- Rear Hand Side Block
- Rear Hand Low Block

Slide Step Back, High Block

Slide Step Back, Low Block

### Square Pad Drills:

Jab, Reverse Punch

Reverse Punch, Jab, Elbow strike

4 Punch:  
Reverse Punch, Jab,  
Reverse Punch, Jab

Gold: Knee strikes

Orange: Knifehand

**Reaction Drill:**  
Jab, Reverse Punch,  
Front Snap Kick

### Target Pad Drills:

White: Front Snap Kick

White: Front Leg, Front Snap Kick

Gold: Slide Step, Front Snap Kick

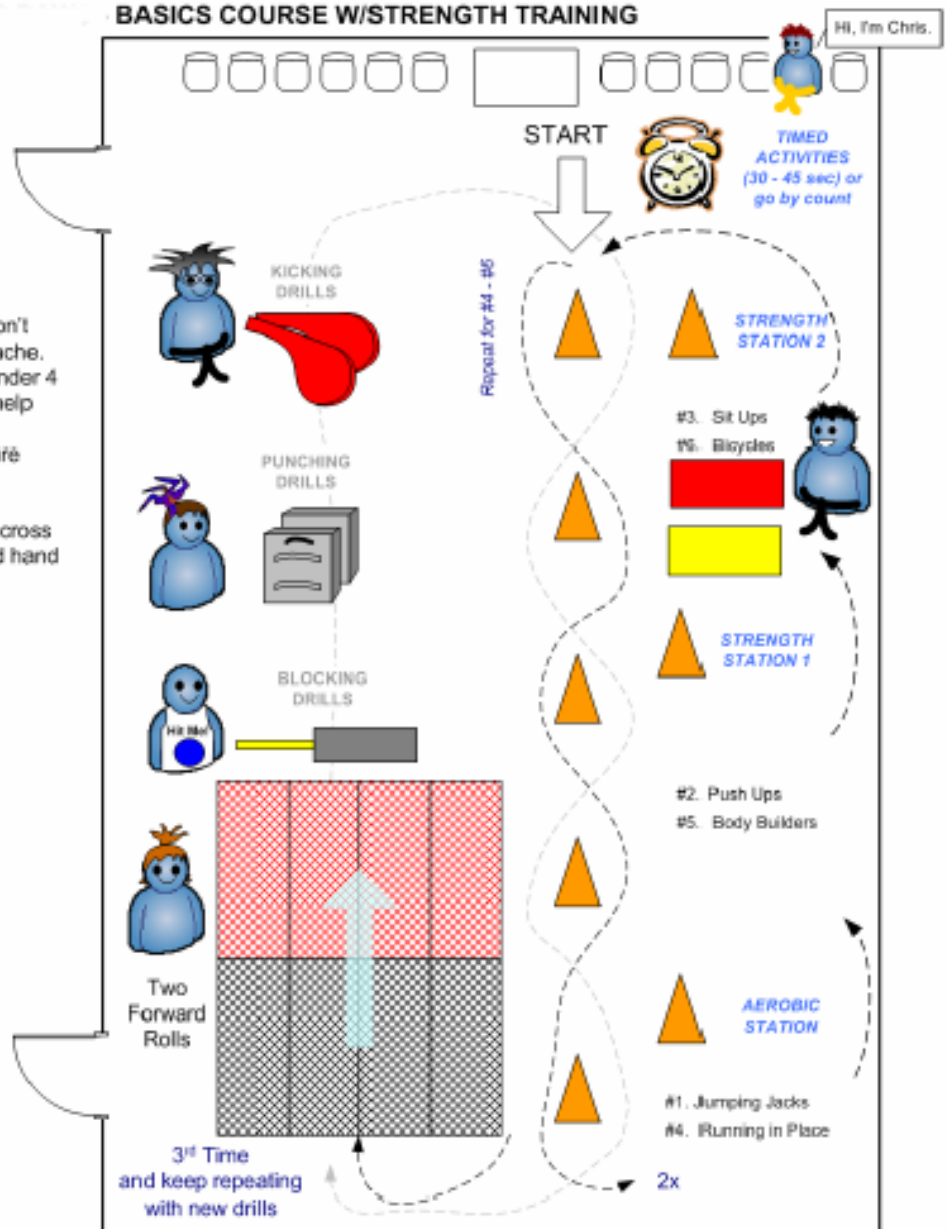
Gold: Round Kick

Gold: Front Leg, Round Kick

Orange: Slide Step, Round Kick

Green: Slide Step, Side Kick

## BASICS COURSE W/STRENGTH TRAINING



### Target Pad Drills:

White: Front Snap Kick

White: Front Leg, Front Snap Kick

Gold: Slide Step, Front Snap Kick

Gold: Round Kick

Gold: Front Leg, Round Kick

Orange: Slide Step, Round Kick

Green: Slide Step, Side Kick

## BASICS COURSE

### Equipment

7 soccer cones  
4 target pads  
4 square pads  
1 blockers  
2 large mats  
1 crash mat

### Stripe Test Area

2 target pads  
2 square pads

**Options:** Add some strength training at the start up position (10 Situps, next time 10 Pushups, etc.)

**Fighting Stance:** Use both Left Foot forward then Right Foot forward stances

### Block Drills:

#### Low Blocks & Cross Blocks

Front Hand High Block  
Rear Hand High Block  
Front Hand Side Block  
Rear Hand Side Block  
Front Hand Low Block  
Rear Hand Low Block

Front Hand High Block  
Front Hand Side Block  
Front Hand Low Block  
Rear Hand High Block  
Rear Hand Side Block  
Rear Hand Low Block

#### Slide Step Back, High Block

#### Slide Step Back, Low Block

### Square Pad Drills:

Jab, Reverse Punch

Reverse Punch, Jab, Elbow strike

### 4 Punch:

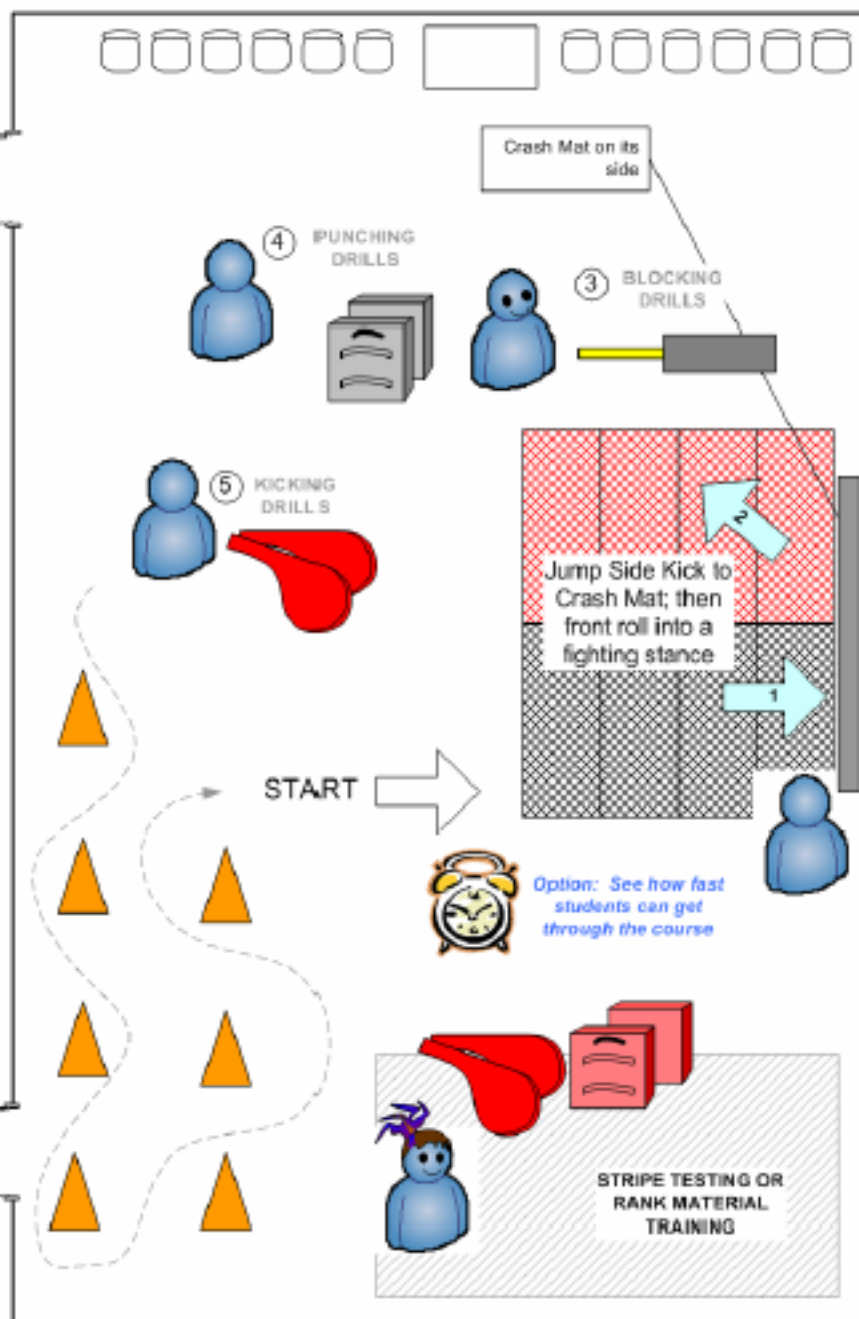
Reverse Punch, Jab,  
Reverse Punch, Jab

Gold: Knee strikes

Orange: Knifehand

### Reaction Drill:

Jab, Reverse Punch,  
Front Snap Kick



### Target Pad Drills:

White: Front Snap Kick

White: Front Leg, Front Snap Kick

Gold: Slide Step, Front Snap Kick

Gold: Round Kick

Gold: Front Leg, Round Kick

Orange: Slide Step, Round Kick

Green: Slide Step, Side Kick

# SELF DEFENSE NIGHT

## Equipment

- 3 square pads
- 2 blockers
- 2 large mats

## Children's Adult Self Defense:

**Teach:** About good strangers

– Who are good strangers

**Teach:** It's OK to ask for help

**Teach:** YELL for help

**Teach:** How to get an adult to help you when a stranger has you (need adult volunteer)

## Block & Punch/Palm Heel Strike

**Strike:** Self Defense with bigger kid

**Teach:** Palm Heel Strikes more effective than punches

**Teach:** Elbows and Knees are hard. Use them for strikes.

## Block & Punch: Self Defense with someone your size

**Teach:** Be prepared for blocking but be ready to punch too

**Teach:** Punch, don't knock (proper fist and which knuckles to use)

## Back Break Fall

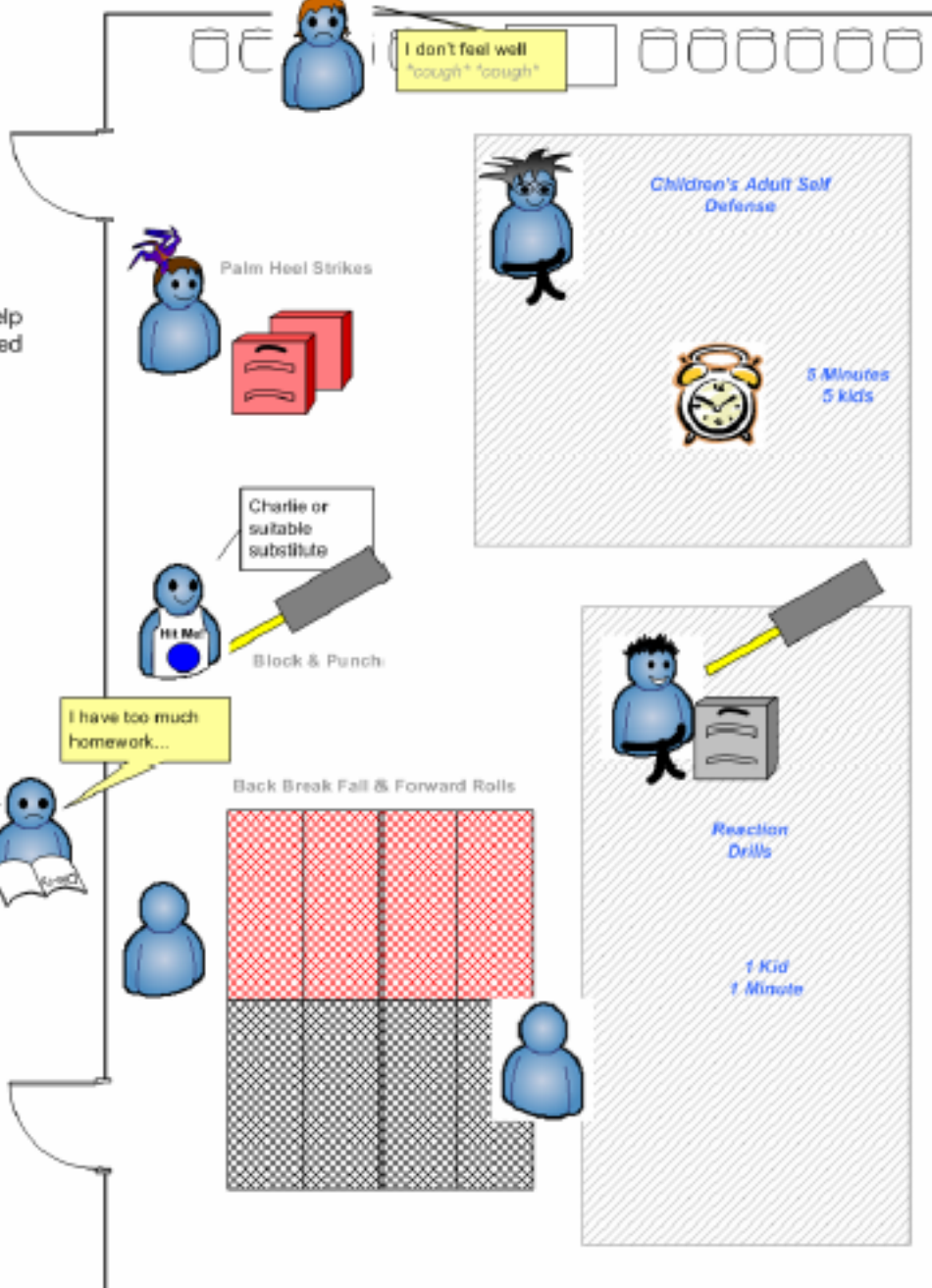
**Teach:** Start back break falls from sitting position and practice keeping heads off the ground and slapping the mat

**Teach:** Add leg motion next (looks like sitting on a chair)

**Teach:** Start from a low squat to back break fall

**Teach:** Start from standing up to a back break fall

**Test:** Student closes eyes and instructor gently gives them a push to the mat



## Reaction Drills

**Teach:** Ducking to avoid a punch

**Teach:** Block and counter punch

**Teach:** Block & knee strikes

**Teach:** Block & elbow strikes

## RANK MATERIAL TRAINING

### Equipment

colored index cards:  
2 target pads  
GRN - 2 rules of karate  
BLU - Home Rules  
YEL - Intros  
ORG - Punches  
PNK - Kicks

### Stripe Test Area

4 target pads  
4 square pads

**Quick warmup:** 25JJ, 10 SU, 10 PU

**Student Goal:** Collect a card for each event. Give the student a card when they know their rank material

### General Knowledge

2 Rules of Karate:  
*Be Nice and Pay Attention*  
When do you use Karate?  
*In Self Defense Only*

GREEN CARD AWARDED

### Home Rules

#### New Belts:

1. I will always say hello to my parents when I enter the house and say good-bye when I leave
2. I will respect my parents, grandparents, and teachers at all times

#### White Belts:

3. I will always tell the truth
4. I will willingly help with the household chores

#### Gold Belts:

5. I will always keep my room neat and clean
6. I will abide by my parents decisions

#### Orange Belts:

7. I will not interrupt adult conversation
8. I will be responsible for my own actions at all times

#### Green Belts:

9. I will always finish what I start
10. I will always put forth my best effort

BLUE CARD AWARDED

### Introductions

- Student will make eye contact, smile, offer their right hand for a hand shake
- Student will say "Hello," and follow that with "My name is \_\_\_\_\_. What's your name?"
- After other person tells them their name the student will follow-up with: "It's nice to meet you"

YELLOW CARD AWARDED

### Punching Drills

#### New, White, Gold:

- Jab, Reverse Punch
- 4 Punch (start with rear punch)

#### Green, Blue:

- Reverse Punch, Jab, Rear Elbow
- Reverse Punch, Jab, Rear Knees

YELLOW CARD AWARDED

### Kicking Drills

#### White, Gold Belts:

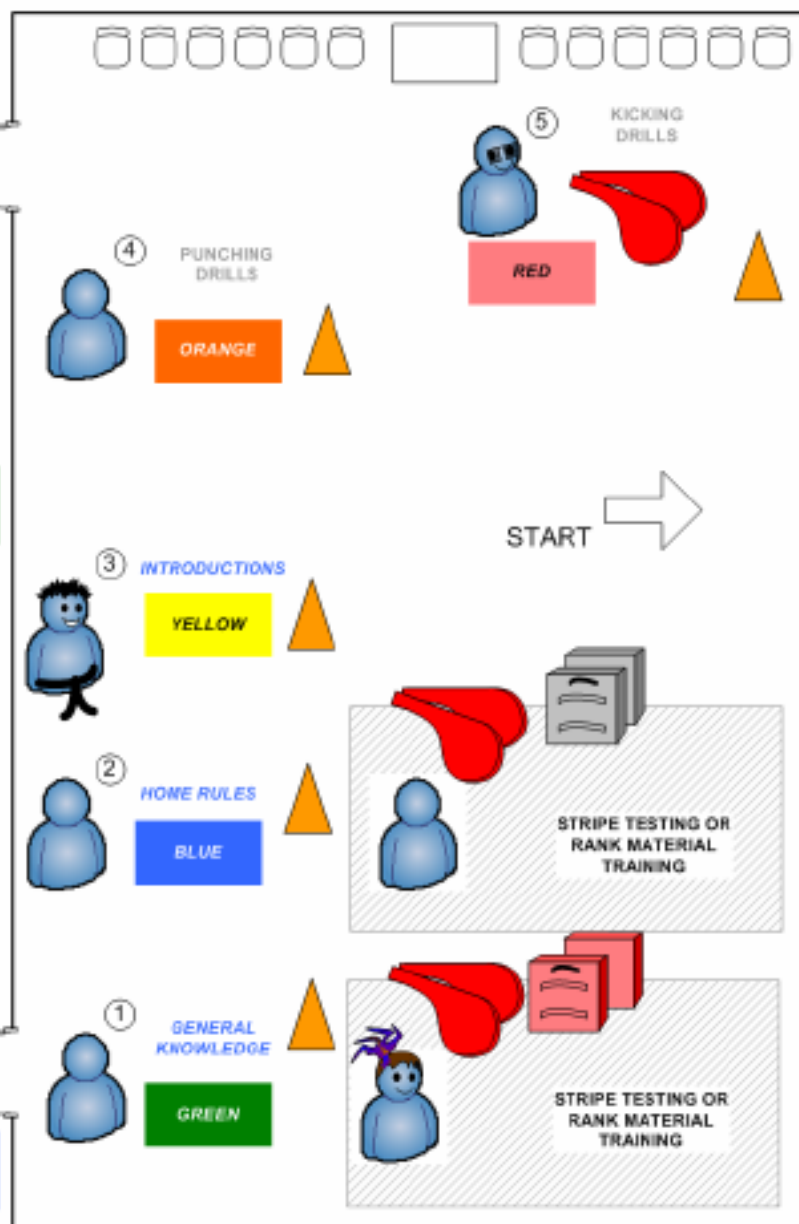
- Rear Leg Front Kick
- Front Leg Front Kick

#### Orange Belts:

#### Orange/Green Belts:

- Slide Round Kicks
- Slide Side Kicks

RED CARD AWARDED



START

STRIPE TESTING OR RANK MATERIAL TRAINING

STRIPE TESTING OR RANK MATERIAL TRAINING

PUNCHING DRILLS

ORANGE

KICKING DRILLS

RED

INTRODUCTIONS

YELLOW

HOME RULES

BLUE

GENERAL KNOWLEDGE

GREEN

## FITNESS TRAINING

### Equipment

- 4 large mats fitted together
- 1 large mat, folded
- 1 crash mat
- 4 cones
- 4 - 6 individual mats
- 2 target pads

**Fitness Training:** Designed to tire out highly energetic kids

**Large Mats:** SUPERVISE - make sure kids stay on the mat

**Situps:** SUPERVISE - make sure heads land on mats

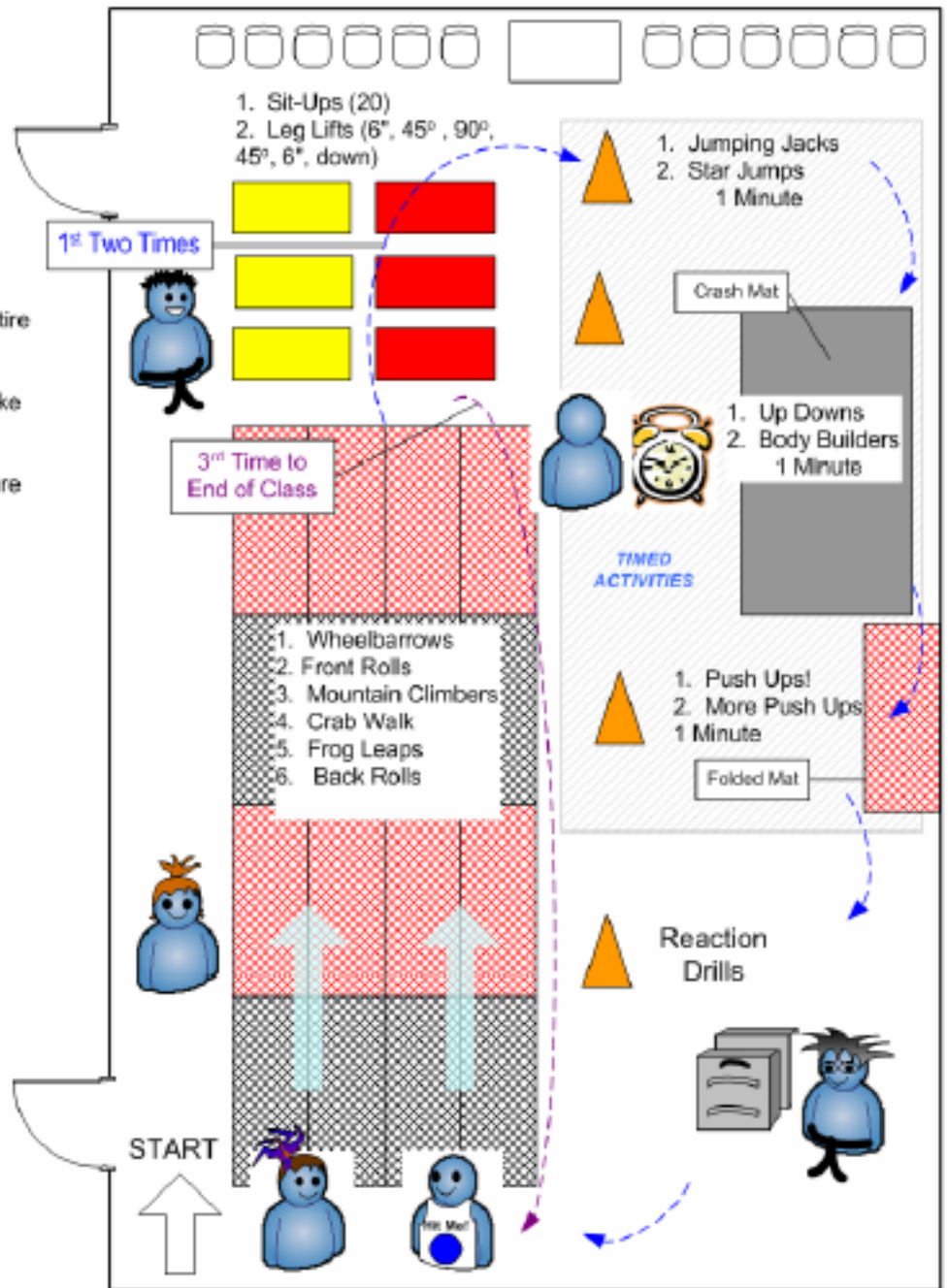
### Wheelbarrows:

Helper will watch over child to ensure they do not plow the child's face into the ground.

Occasionally, there'll be kids who just can't do this one - substitute crabwalks instead. (Gen. children with weight problems)

### Pushups:

For children that can not do pushups from the floor, try a higher surface (wall pushups or take a folded mat and have the kids place hands on mat and feet on floor for pushups)



### Reaction Drill:

- Jab, Reverse Punch,
- Front Snap Kick

### Equipment

- 6 target pads
- 4 square pads
- 1 blockers



Instructor or Assistant

**Remember:** Little kids (3 - 4) don't have weak muscles in the stomachs. Some kids can do the sit-ups, Under 4 year olds probably need lots of help

**Situps:** SUPERVISE - make sure heads land on mats

**Terms:** Use "Jab" for Jabs and cross punches; used to refer to all lead hand punches

Fighting Stance only:  
Left Foot forward 1<sup>st</sup> time  
Right Foot forward 2<sup>nd</sup> time

### Block Drills:

Low Blocks & Cross Blocks

Front Hand High Block  
Rear Hand High Block  
Front Hand Side Block  
Rear Hand Side Block  
Front Hand Low Block  
Rear Hand Low Block

Front Hand High Block  
Front Hand Side Block  
Front Hand Low Block  
Rear Hand High Block  
Rear Hand Side Block  
Rear Hand Low Block

Slide Step Back, High Block

Slide Step Back, Low Block

### Square Pad Drills:

Jab, Reverse Punch

Reverse Punch, Jab, Elbow strike

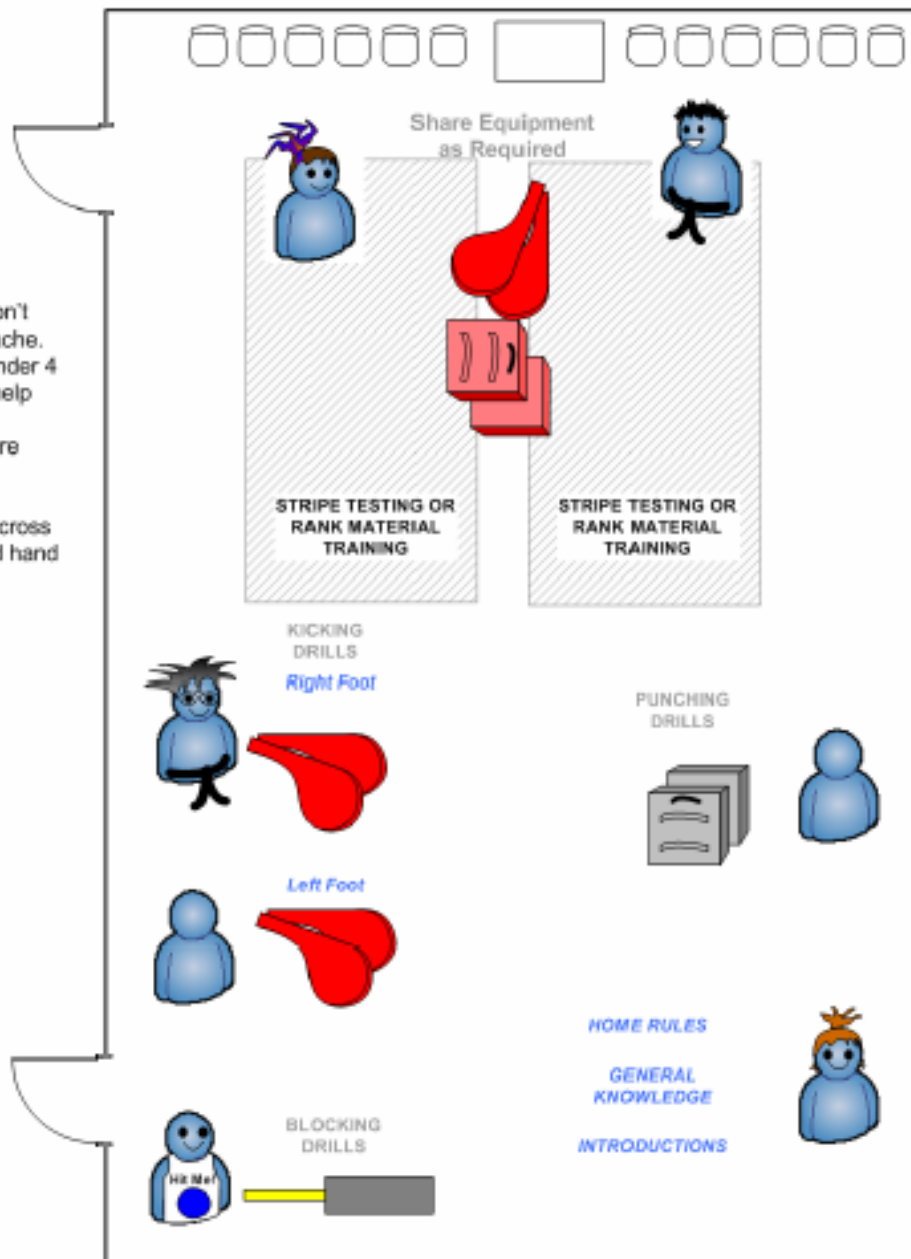
4 Punch:  
Reverse Punch, Jab,  
Reverse Punch, Jab

Gold: Knee strikes

Orange: Knifehand

**Reaction Drill:**  
Jab, Reverse Punch,  
Front Snap Kick

## BASICS COURSE



### Target Pad Drills:

White: Front Snap Kick

White: Front Leg, Front Snap Kick

Gold: Slide Step, Front Snap Kick

Gold: Round Kick

Gold: Front Leg, Round Kick

Orange: Slide Step, Round Kick

Green: Slide Step, Side Kick

## Equipment

- 5 soccer cones
- 6 target pads
- 4 square pads
- 1 blocker

## BASICS COURSE

**Quick Warm Up** - 25JJ, 10SU, 10PU  
(5 minutes tops)

3-4 students for general material and split the rest between positions 1 - 5.

Students do 5 techniques go back to end of line, switch feet and do 5 more. Go with simpler things for newer students. Keep line moving!

**Terms:** Use "Jab" for Jabs and cross punches; used to refer to all lead hand punches

**Fighting Stance:**

- Left Foot forward 1<sup>st</sup> time
- Right Foot forward 2<sup>nd</sup> time

### 1. Target Pad Drills:

*Kick, Jab, Reverse Punch*

**White:** Front Kick, Front Leg Front Kicks

**Gold:** Round Kicks

**Green:** Side Kicks

### 2. Round House Punch Defense

Side Block, Punch, Grab back of neck, Kneestrike to target (or square pad)

### 3. Target Pad Drills:

Rank Appropriate:

- Slide Step, Front Kick
- Slide Step, Round Kick
- Slide Step, Side Kick

### 4. Square Pad Drills:

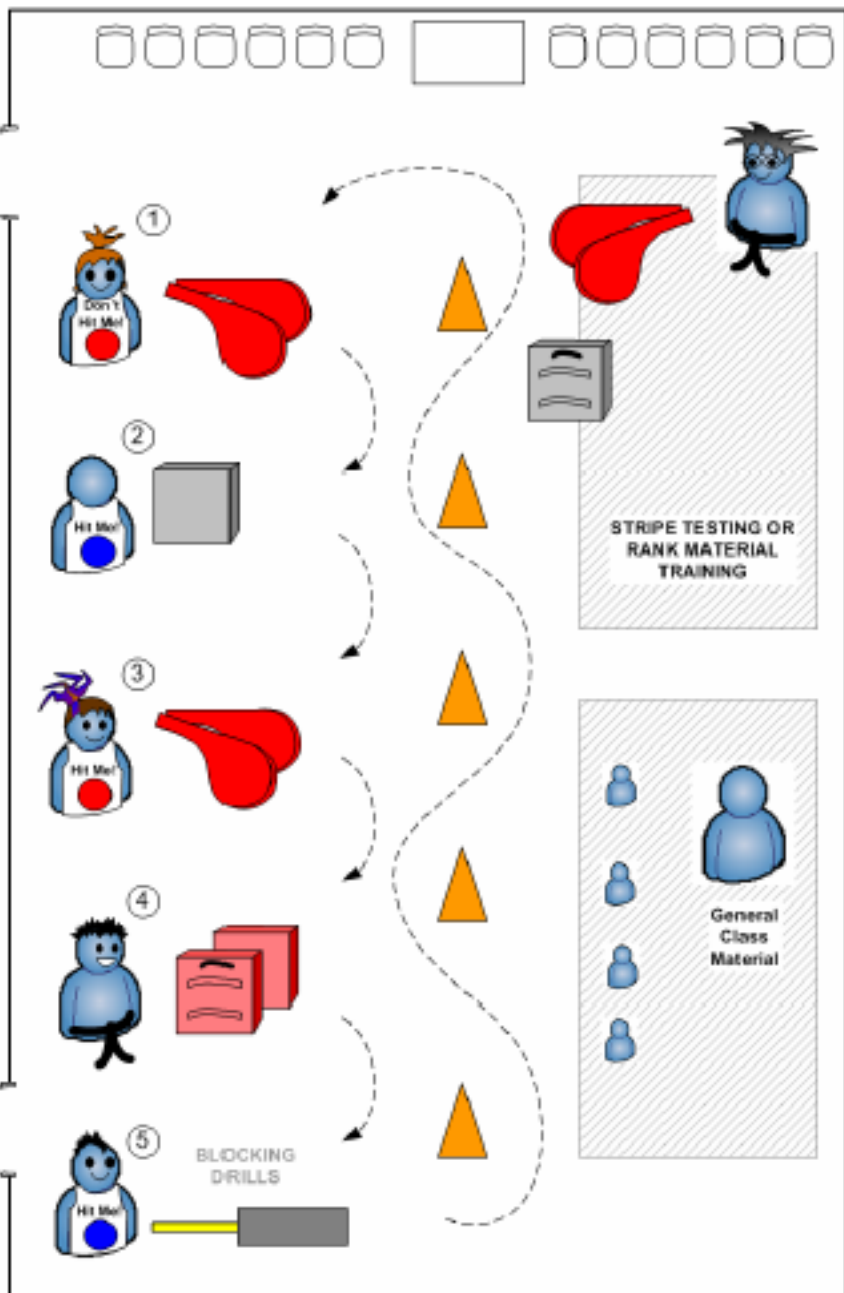
Reverse Punch, Jab, Elbow strike

### 5. Block Drills:

Low Blocks & Cross Blocks  
(1-2, 3-4, 1-2-3-4)

Slide Step Back, High Block

Slide Step Back, Low Block



### General Class Material

Take 3 - 4 students at a time and cover rank material:

From Ready Stance, introduce chamber position of both hands

Mid-section punches: have students keep their hands out in the punch and trade off between left and right hands

Knife Hand Strikes

Elbow Strikes

Knee Strikes

## TEST REVIEW TRAINING

### Equipment

4 target pads  
4 square pads

**Quick Warm Up** - 25JJ, 10SU, 10PU  
(5 minutes tops)

Divide students into four rank groups consisting of 3 - 5 students

Distribute these groups to the four helpers.

Cover the rank material and have students practice for five minutes.

After five minutes, trade off the entire group as shown.

