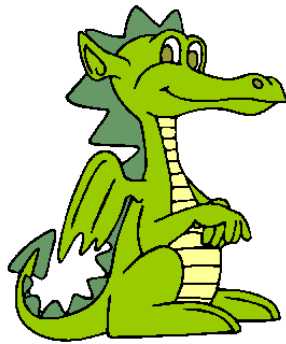


O'FALLON YMCA  
KARATE CLUB

Classroom Ideas for 6 – 7 Year Olds



## 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:

4 Corner Block: Low Blocks & Cross Blocks

**White:** just blocks (1-2, 3-4, 1-2-3-4)

**Purple:** Add counter punch (1 & 2 have high punch, 3 & 4 have middle punch)

**Red/Brown:** Add round kick (same side as punch)

**Brown:** (no training aid)  
Trainer will do two low kicks for 1-2, backfist for 3, roundhouse punch for 4

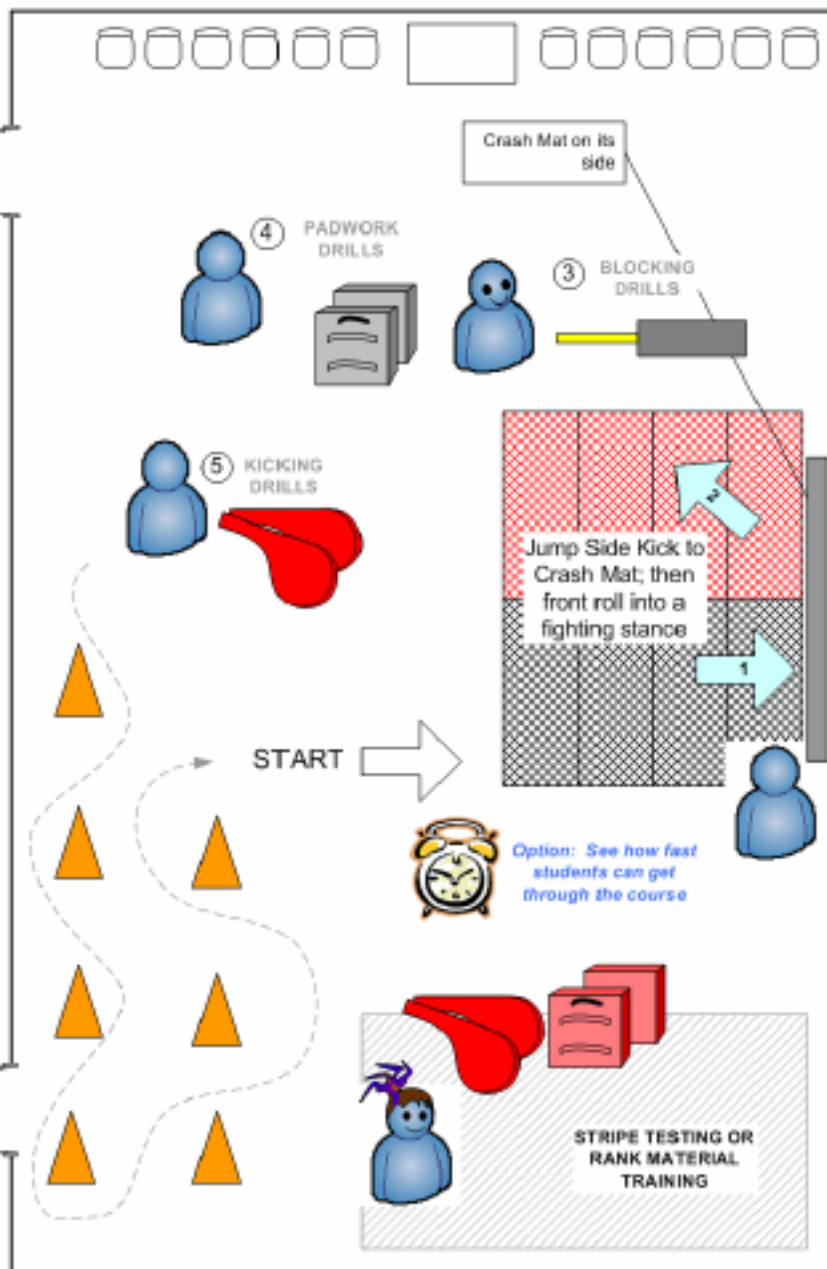
### Padwork - Square Pad Drills:

**White:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike

**Purple:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick (same leg for knee & kick)

**Red:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick, Round Kick (same leg for knee & kicks)  
\*POWER\*

**Brown:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick, Round Kick (same leg for knee & kicks)  
\*SPEED\*



### Padwork - Kicking Drills:

#### White:

Front Kick  
Front Leg Front Kick  
Slide Step, Front Kick

#### Purple:

Round Kick  
Front Leg Round Kick  
Slide Step, Round Kick

#### Red:

Side Kick  
Front Leg Side Kick  
Slide Step, Round Kick

#### Brown:

Slide Side Kick, Spin Back Kick  
Lock and Hold Round Kick  
Lock and Hold Front Kick

## BASICS COURSE W/STRENGTH TRAINING

### Equipment

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

**White Belts** - include gold, orange, green, & blue stripe belt

**Side Kicks** - All side kicks are side snap kicks

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

Fighting Stance only:

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

### Padwork - Kicking Drills:

#### White:

Front Kick  
Front Leg Front Kick  
Slide Step, Front Kick

#### Purple:

Round Kick  
Front Leg Round Kick  
Slide Step, Round Kick

#### Red:

Side Kick  
Front Leg Side Kick  
Slide Step, Round Kick

#### Brown:

Slide Side Kick, Spin Back Kick  
Lock and Hold Round Kick  
Lock and Hold Front Kick

### Padwork - Square Pad Drills:

**White:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike

**Purple:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick (same leg for knee & kick)

**Red:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick, Round Kick (same leg for knee & kicks) \*POWER\*

**Brown:** Reverse Punch, Jab, Elbow strike, Cross Step, Knee Strike, Round Kick, Round Kick (same leg for knee & kicks) \*SPEED\*

### Block Drills:

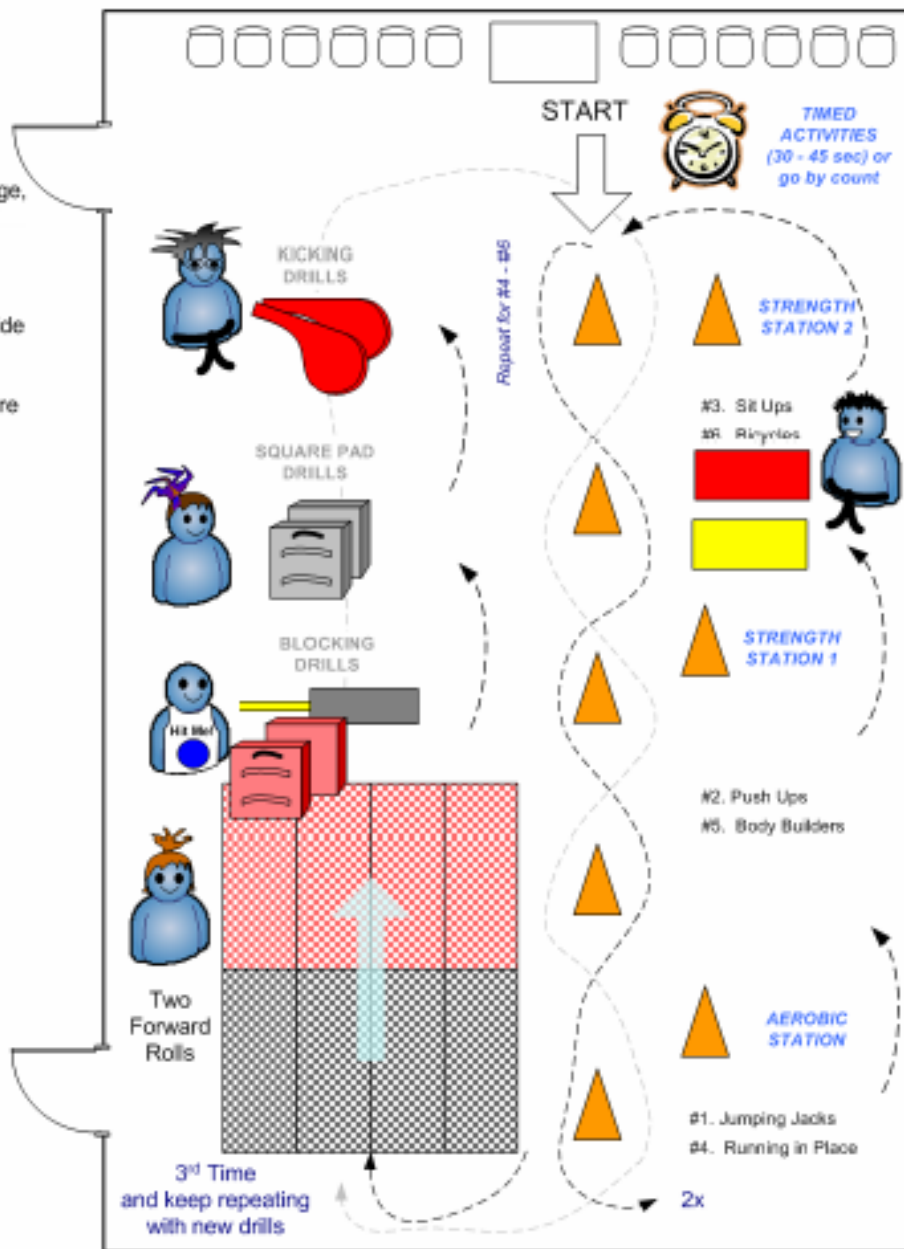
4 Corner Block: Low Blocks & Cross Blocks

**White:** just blocks (1-2, 3-4, 1-2-3-4)

**Purple:** Add counter punch (1 & 2 have high punch, 3 & 4 have middle punch)

**Red/Brown:** Add round kick (same side as punch)

**Brown:** (no training aid) Trainer will do two low kicks for 1-2, backlist for 3, roundhouse punch for 4



**TIMED ACTIVITIES**  
(30 - 45 sec)  
or go by count

**STRENGTH STATION 2**

#3. Sit Ups  
#6. Rhythmic

**STRENGTH STATION 1**

#2. Push Ups  
#5. Body Builders

**AEROBIC STATION**

#1. Jumping Jacks  
#4. Running in Place

2x